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THE Second part of *the good Hus-wives* IEWELL.

Where is to be found most apt and
readiest wayes to distill many whol.
some and sweet waters.

In which likewise is shewed the best maner
in preseruинг of diuers sortes of Fruits, &
makin of Sirrops.

With diuers conceits in Cookerie with the
Booke of Caruинг.

AT LONDON
Printed by E. Allde for Edward
White, dwelling at the little North
doore of Paules Church at
the signe of the Gun.

1597.

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FINIS.



A Booke of Cookerie.

To boyle mary bones for
for dinner.



First put your mary bones into a faire pot of Water, and let them boyle till they bee halfe enough, then take out al your broath sauing so much as will couer your mary bones, then put thereto eight or nine carret rootes, and see they be wel scraped and washed, and cut inch long or little less and a handfull of Parselic and Isop chopped small, and season it with Halte, Pepper and Haffron. You may boyle Chynes and racks of Meale in al points as this is.

To boyle a Capon.

Let your capon be faire scalded and short trussed, and put into a fair pot of water with a marybone or two, & a racke of Button cut together in thre or fewer pieces, and let them boyle together tyll they be halfe boyled, then take out a ladle full or two of the best of the broath, and put it into a faire earthen pot, & put thereto a pinte of white wine or claret, and cut a

swete

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twelue or fourteene dates long swayes & a handfull of small raysons, a handfull of tyme, Rosemary and Isole bound togerher, and so let these persels boyle by the selues, and when your capon is enough, lay it in a faire platter upon sops of white bread, and your mutton by him also, then take out the mary from the bones whole, and lay it vpon the capon, then take your made broth & lay it vpō your capon & mutton, and so serue it forth, your latter broth must bee seasoned with cinammon cloues and mace, and salt and mace beaten also.

To boyle a capon with Orenges.

Take your Capon & set him on the fire as before with marybones & mutton, and whē you haue skinned the pot wel, put thereto the value of a farthing loafe, and let it boyle till it be halfe boyled, then take two or threē ladlesful of y same broth and put it into an earthen pot, with a pint of the wine aforesaid, and pill six or eight Dringes and slice them thin, and put the into the same broth with foure pen worth in sugar or more, and a handfull of parceley, tyme, and Rosemary together tyed, and seal on it with whole mace, Cloues & sticks

Sticks of cinamon with two Nutmeg,
beaten small and se serue it.

To boile teales, Mallards, pigeons chines
of porke, or Neates tungen all
after one sort.

Let them be halle rostted, sticke a fewe
cloves in their brestes, then two or
three toastes of bread being burned black,
then put them into a little faire water im-
mediately take them out again, and strain
them with a little wine and vineger to the
quantitie of a pinte: put it into an earthen
potte, and take eight or ten onions syuced
small, being fryed in a frying pan with a
dish of butter, and when they be fried, put
the into your broth, then take your meat
from the spitte and put it into the same
broth, and so let them boyle together for a
tyme, seasoning with salt and pepper.

Mutton boyled for supper.

First set your mutton on the fire, & scame
it cleane, then take out all the broth sa-
uing so much as will couer it, then take
and put thereto ten or twelve onions pil-
led, cut them in quarters, with a handful
of parseley chopped fine, putting it to the
mutton, and so let them boile, seasoning it
with

With pepper, salt and saffron, with two or
or three spoonefull of vineger.

To boyle Mutton with Pauons.

Firste pill your Pauons, and wash them
then cut ffeue or sixe of them into peeces
to the bignes of an inche, and when your
mutton hath boyled a while take out al the
licour sauing so much as may couer well
the mutton, then put the Pauons into the
pot of mutton with a handfull of parselye,
chopped fine, and a branche of Rosemary,
seasoning it with salt pepper and saffron.

To boyle a Lambes head with
purtenaunces.

Firste skimme it well, then take of the
broth, leauing so much as wil couer it,
then put to it Parsely and Rosemarye, a
branch of Isop and time, and a dish of but-
ter, with Barberries or Gooseberries, then
let them boile being seasoned with cloues
Mace, salt, pepper, and saffron, and so
serue it sooth upon sops.

To stewe a Capon for Dinner.

Take a knuckle of Weale and boil it
with your capon: putting to it proines
Rasons great and small, whole Mace,
and let it boile together, seasoning it with
salt

Salt and so serue it forth.

To boyle a capon in white broth.

Take a wel fleshed capon and a mari-
bone, and a quart of faits water, put
them together in an earthen pot, and let
them boyle till the Capon be enough, but
you must first take away the mary from þ
bone, and when it hath boyled take the þp-
permost of þs broth & put it into an ear-
then potte, and the mary with it. Put to it
small raisons, prunes, whole mace, dates,
and halfe a quatern of suger, sixe spoone-
full of verdiuice, three or four yolkes of
Egges, put these all together, and when
your Capon is boyled, lay him in a fayre
platter: powre your broth vpon him, and
so serue him.

To boyle Chickens.

Bryle them as the Lambs head & pur-
tenance is boyled, and when you are to
serue them, strain three or foure yolkes of
Egges with vergious, and put it into the
pot, and let it boyle no more: after the eggs
be put in, season it with salt, pepper, mace
and cloues, and so serue them. Thus may
you boyle a connye or Muggets of Wsaie,
as the chickens are boyled.

To

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To boile chickens with Spinnage
and Lettice.

Take a platter of Spinnage and Lettice, and wash them cleane, and when the pot is skimmed, then put them in with a dish of butter, and a branch of rosemary with a little vergious, being seasoned with salt and ginger beaten.

To make Peares to be boiled
in meate

Take a peece of a legge of Mutton or Veale raby, being mired with a little shrepe swet, and halfe a manchet grafed fine, taking four raw egges yolkes and al. Then take a little Lime, & parselly chopped smal, then take a few gooseberries or barberries, or greene grapes being whole. Put all these together, being seasoned with salt, saffron and cloues, beaten and wrought altogether, then make Rowlles or Balles like to a pear, and when you haue so done, take the stalke of the sage, and put it into the ends of your peares or balles, then take the freshe broth of beefe, Mutton or veale, being put into an earthen pot, putting the peares or balles in the same broth wyth salt

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Salt, cloues, mace and saffron, and when you be ready to serue him, put two or three yolkes of eggs into the broth. Let them boile no more after that but serue it forth upon soppes. You may make balles after the same sorte.

To farsē a cabbadge for a banquet
dish.

Take little rounde cabbage cutting off the stalkes, and by the cabbadge then make a round hole in your cabbadge, as much as will receive your farsing meat, take heede you breake not the brimunes thereof with your knife, for the hole must be round and deepe, then take the Kidney of a mutton oþ more, and chop it not smal. Then boile sixe egges hard, taking the yolkes of them being smal chopped & also take rawe egges and a manchet grased fine, then take a handfull of prynes, so many great raysons, seasoning al these with salte, pepper, cloues and Mace, working all these together, and so stusse your Cabbedge. But if you haue Saw-sedge you may put it among your meate at the putting in of your stusse, but you must leane out both the ends of your saw-sage

sage at the mouth of the cabbadge when you shall scrue it out. In þ boylng it must be within the cabbadge, and the cabbadge must be stopped close with his couer in the tyme of his boylng, and bound fast round about for breaking: the cabbadge must bee sodde in a deepe pot with fresh beefe broth or mutton broth, and no more þe will lyve vnto the top of the cabbadge, and when it is enough take away the thid, and so set it in a platter, opening the heade & laying oul the Salwadge endes, and so serue it forth.

To boyle a breast of Veale or
Mutton farced.

Take a breast of Veale or Mutton and farce it in like maner as your cabadge is, so that you leaue out the proines and great raysons, boyle your veale or mutton in the foresaide brothes, putting no more broth then will couer your meat, & when your meat is halfe boyled, then put two handfulls of Lettuce or Spinage, cutting it fower times asunder and no more, and when your meat and hearbes be boyled, then put a little verdiuice in the broth, sea-soning it with salt and pepper, then serue your

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your meate upon Hoppes , casting your
herbes upon it, and so serue it.

To boile a Mugget of a sheepe.

First wash and sconre it clean, then per-
boyle it a little, then choppe a piece of a
Kidney of Mutton small, and put it into a
platter, then put the quantity of a farthing
lose grated, with punes and raysons of
eche a handful, Persely and time chopped
smal, and thre or four hard rosted egges
being chopped with bread and huet, then
a little water put to and saffron, and cou-
lour it with thre or four rawe egges,
both yolkes and whites, Salt, Pepper,
Coues and Mace being minced together,
putting it into the Mugget , and so boile
it with a little Mutton broth and Wine,
Lettice and spinnage whole in the same
broth, and so serue it forth.

To boile Mutton for
Supper.

Take Carret rootes, and cut them an
inch long, takes a handfull of parselis
and time halfe chopped , and put into the
pot the Mutton, and so let them boyle, be-
ing seasoned with Salte and pepper, and
so serue it forth.

To boile a neates tongue to
Supper.

TAke a little wine or faire water, putting unchopped Lettuce faire washed into your Neates tongue, with a dishe of Butter or two, and season it with Salte, Pepper, cloues and Pace, and so serue it.

To boile Mallards, Teales, and chines of porke with Cabbadge.

Fⁱrst unloose your Cabbadge, & cut them in thre or four quarters unlesing eue, ry leafe for doubt of worms to be in them, then wash the and put them into a pot of faire water, and let them boyle a quarter of an houre, then take them vp, and chop them somewhat great, then put them into a faire pot with the broath of the Mallard and whole Pepper, and pepper beaten, with Cloues, mace, and salte, and so let them boile together. &c.

For a Goose gibluts and pigges
petitose.

Let them be sodde thoroughly, then cut them in pieces and fry the with butter, and when they be half fried, then put to a little Wineger with Ginger, Sina- man and pepper and so serue it forth; thus may

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maye you vse Calues feete boyled in all
pointes as this is.

For fricasies of a lambes head and
purtenance.

Take a Lambs head and cleane it, and
cut his purtenances in peeces, and
perboyle it till it be almost enough, then
take the volkes of two rawe Eggges, and
basste your Lambes head and purtenance
with it, and frye it in butter for sauce, put
to the butter, pepper, Vineger and Salt,
fryng them together a little on the fire
and so serue it.

For fricasies of Neates feete
for supper.

Take your Neates feete & cleane them
and basste the with butter and crums
of bread, and lay them upon a Gredioyne,
till they be throughlie broyled, then take
Vineger, pepper, salt and butter, and put
the altogether in a dish, set on a chaffing-
dish of coles boyling, and so let them boyle
there til you must serue it, you must put to
sauce, barberies or grapes, &c.

A fricasie of Tripes.

Let them be faire sodden, and sauce the
take the leanest and cut it in peeces,
With inch

inch broad, frye them with butter or flastes, and your sauce to bee vineger, pepper and mustard, being put a litle while in the frysing panne with butter or flastes.

To rost a lambes head.

Take the head and purtenances being cleane washed, cut the purtenances in peeces, so that it may be broached, and rost the basting it with butter, and when it is enough, take the yolkes of two rawe eggs, with a little parsely chopped fine, beating them together, and baste your Lambes head with it, euен so long till your egges be hardened on, then take it vp, and serue it with the sauce of pepper, vineger and butter boyled a little vpon a Chafingdish of coles.

To make a pie in a pot.

Take the leanest of a Legge of Mutton and mince it small, with a peece of the kidney of mutton, then put it into an earthen pot, putting thereto a ladlefull or two of mutton broth, and a little wine, of prynes and raisons of ech a handfull, or berries. Let them boyle together, patting to it half an orange, if you haue any, seasoning it with salte, pepper, cloures, mace,

and

and saffron and so serue it.

To make alowes to roste or boile.

Take a Leg of mutton and slice it thin, then take out the kidneyes of the mutton having it minced small, with Isole, tyme, parsely, & the volkes of hard egges, then bind it with crummes of white bread and rawe eggs, and put to it proines and great raisons, and so want of them barberries or Goosvertes, or grapes seasoning it with Cloues, mace, pepper Synamon, ginger & salt. You may make a mugget of a Wheepe as these allowes bee, sauing you must put no mutton into it.

To make red deere.

Take a legge of veal, and cut out all the fynes clean, then take a roling pin and all to beate it, then perboile it, and when you haue so doon lard it very thick, then lay it in wine or Vineger for two or three houers, or a whole night, then take it out & season it with peper, salt cloues and mace, then put it into your past, & so bake it.

To farse all things.

Take a good handfull of tyme, Isole, Parselys, and thre or four volkes of Egges hard rosted, and choppe them with viii. hearbes

herbs small, then take white bread grated and raw eggs with sweet butter, a few small Raisons, or Barberies, seasoning it with Pepper, Cloues, Mace, Cynamon and Ginger, working it altogether as passe, and the may you stuffe with it what you will.

A sop of Onions.

TAKE and slice your Onions, & put them in a frying panne with a dish or two of sweete butter, and frie them togerther, then take a little faire water and put into it salt and peper, and so frie them together a little more, then boile them in a lyttle Earthen pot, putting to it a lyttle water and sweet butter, &c You may vse Spinage in like maner.

To make gallantinc for flesh
or fish.

TAke browne bread and burne it black in the tosting of it, the take them and lay them in a litle wine and vineger, and when they haue soaked a while, the strain them, seasoning it with cynamon, ginger, Pepper and salte, then set it on a chassing-dish with coales, and let it boyle till it bee thick, and then serue it in saucers.

To

To stewe Oysters.

Take your oysters, and put them either in a little skillet ouer the fire, or else in a platter ouer a chaffingdishe of coles, and sole the boile with their licour, sweet butter, vergious, vineger, and pepper, and of the tops of Eime a little, till they be enough, and then serue them vpon soppes.

To bake a loes of Veale or

Mutton.

Take your aloses ready to bake in all points as you boile them, laying vpon them in the paste barberries, Gooseberries or grapes gréene, or small Raisons, and put in your Pie a dish af butter , and se set it in the ouen, and when it is baked, then put in a little vergious, and so seetha it in an Duen again a while, and so serue it sooth.

To bake a Connie, Veale, or

Mutton.

Take a Connyn and perboile it almoske enough, then mince the flesh of it verie fine, and take with it three yolkes of hard egges, and mince with it, the lay another Connyn in your Pie being perboiled, and your minced meat with it, being seasoned with

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With Cloues, Mace, Ginger, Saffron
Pepper & Salt, with two dishes of swete
butter mixed with it, lay vpon your Con-
nis Barberies Gooseberries, or grapes, or
small raisons, and so bake it.

To make fine paste.

Take faire flower and wheate, & the
yolkes of egges with sweet Butter,
melted, mixing all these together with
your hands, til it be brought dowe paste, &
then make your coffins whether it be so-
pyes or tarkes, then you may put Saffron
and suger if you wil haue it a sweet paste,
having respect to the true seasoning some
tyme to put to their paste Beefe or Mutton
broth, and some Creame.

For small pies.

Take the Mary out of the marybones
hole, and cut it in the bignes of a bean
season your mary with Ginger, Suger,
and Synamon, then put them in fine pastes
and frye them in a frying panne with the
skimming of fresh beefe broth, or else you
may bake them in your ouen a little while
take heede they burne not, and when you
do serue them in a faire dish, cast blaunch
pouder vpon them.

To

To make purses or cremitaries.

Take a little Marow, small raisons, & Dates, let the stones be taken away, these being beaten together in a Morter, season it with Ginger, Cynamon and suger, then put it in fine pastre, & bake them or fry them, so done in tyme seruing of them cast blaunch pouder vpon them.

To make a tarte of Spinnage or of wheate leaues or of colewortes

Take three handfull of Spinnage, boile it in faire water, when it is boyled, put away the water from it and put the spinnage in a stone morter, grind it smal with two dishes of butter melted, and four rawe egges all beaten, then straine it and season it with suger, Cynamon and ginger, and lay it in your Coffyn, when it is hardened in the ouen, then bake it, and when it is enough, serue it vpon a faire dish, and cast vpon it suger and Biskets

For tartes of creame.

Take a pinte of creame with sixe rawe egges, and boile them together, and stirre it well that it burne not, then let it boile till it be thick, then take it out of the pot

pot, and put to two dishes of Butter meltēd, and when it is somewhat colde, then straine it and season it with Sugēr, then put it into your pastē, when your pastē is hardned, and when it is enough, then serue it with Sugēr cast vpon it. If you will haue a Tart of two colours, then take the halfe of it, whē it is in Creame, and colour the other halfe with saffron or yolks of egges.

A tart of proines.

Make your Coffine two inches deepe round about, then take ten or twelue good apples, pare them and slice them, and put them into the Paste with two diſhes of butter among the apples, then couer your tarte close with the Paste, and breakē a diſhe of butter in peeces, and lay it vpon the couer because of burning in the Banne. And when the apples be tender, take it forth and cut of the couer, & beate the apples together till they be softe, and they be dry put the moze butter into them and so season them with Sinanmon, Gingers and Sugēr, then must you cut your couer after the fashion, leauing it vpon your Tarts, serue it with blaunch poudre.

a tart of egges.

Take twelue Egges and butter them together, then straine them with rose-water, season it with Sugur, then put it into your paste, and so bate it and scrue it with sager vpon it.

a white leach.

Take a quart of newe milke, and threé ounces weight of Singlasse, halfe a pounde of beaten suger, and sturre them together, and let it boile half a quarter of an hower till it be thicke, stirring them al the while: then straine it with threé spoonfull of Rosewater, then put it into a platter and let it coole, and cut it in squares. Lay it faire in dishes, and lay golde vpon it.

To keepe lard in season.

Cut your lard in faire peeces, and salt it well with white salte, every peice with your hand, and lay it in a close vessel then take faire running water, and much white salt in it, to make it brine, then boile it vntill it beare an Egge, then put it into your Lard and keepe it close.

To make Lombils a hundred.

Take twenty Egges and put them into a pot both the yolkes & the white, beat them

them wel, then take a pound of beaten suger and put to them, and stirre them wel together, then put to it a quarter of a peck of flower, and make a hard passte thereof, and then with Anniseede mouilde it well, and make it in little rowles beeing long, and tye them in knots, and wet the ends in Rosewater, then put them into a pan of saething water, but euer in one waum, then take them out with a Skimmer and lay them in a cloth to drie, this being done lay them in a tart panne, the bottome beeing oyled, then put them into a temperat Ouen for one houre, turning them often in the Ouen.

To make buttered Egges.

Take eight yolkes of egges, and put them into a pint of creame, beat them together and straine them into a posset all, setting vpon the fire and stirring it, & let it seeth vntil it quaile, then take it and put it into a clean cloth, and let it hang so that the wylage may auoide from it, and when it is gone beate it into a dishe of rosewater and suger, with a spoon, and so shall you haue fine butter. This done, you may take the white of the same eggs putting

ting it into another pint of Cream, vsing
it as the yolkes were vsed, and thus you
may haue as fine white butter as you
haue yellow butter.

To boyle Neates feete.

Take your Neats feete out of the sauce
and wash them in faire water, then put
them into your matton broth, and take
fiue or sixe onions chopped not smiall, then
take a quantitiie of tyme, Parsely and Rose
chopped fine: boyle altogether, and
when it is half boyled and more, the a d. sh
or two of butter, and put to it, then season
it with pepper, salt and saffron, with fiue
or sixe spoonefulls of vineger, and so serue
it vpon soppes.

To boyle a Carpe.

Take out the gall, cast it away, and so
scalde not your Carpe nor yet washe
him, & when you doo kill him let his bloud
fall into a platter, & splet your carpe into
the same bloud, and cast thereon a ladleful
of vineger, then tolle three or fower tolles
of browne bread and burne it blacke, and
boyle them into a little faire water, and the
immediatly strains them into the liquer
where your carp shalbe sodden with threē

or fower Onions chopped somewhat big,
with parsely chopped small, then set your
broth vpon the fire, and when it begins to
boyle, put to your Carpe two or three di-
shes of butter, and a branch of rosenarie
slipped, and flippes of time, and if it be too
thick, put to it a little Wine, and so let it
boyle faire and softlye, seasoning it with
whole mace, cloues and salt, and pepper,
cloues and mace beaten, and so serue it.

To boile a pike with orenges a ban-
quet dish.

Take your pike, split him, and seeth him
alone with water, butter, & salt, then
take an earthen pot and put into it a pint
of water, and another of Wine, with two
Orenges or two Lemmons if you haue
them: if not, then take four or five Orin-
ges, the rindes being cut away, and syced,
and so put to the licour, with sixe Dates
cut long wayes, and season your broth
with Ginger, pepper and salte, and two
dishes of sweete butter, boylung these to-
gether, and when you will serue him, lay
your pike vpon soppes, casting your broth
vpon it, you must remember that you cut
of your pikes head hard by the body & the
his

his body to be spletted, cutting euery syde
in two or three partes, and when he is e-
nough, setting the body of the fish in order:
then take his heade & set it at the foremost
part of the dish, standing upright with an
Drenge in his mouth, and so serue him.

To boile a pike another.
way.

TAke your Pike and pull cut all hys
guttes, and do not splette your Pyke,
but cut of his head wholie, and cut his body
in three or foare pieces, and so let him be
boiled in wine, Water, and Halte, to the
quantitie of a poctell, then take a pinte of
wine, and a laddlefull or two of the Pikes
broth and put these together into an ear-
then pot, with two dishes of butter, and
threē or fourē Drenges sliced, small Kai-
sons and suger, Lime and rosemary, slip-
ped, and then put in the effect of the Pike
in the same broth, and so let them boile to-
gether and when you be ready to serve,
lay your Pike vpon soppes, and put your
broth vpon it, seasoning it with whole si-
namon and mace, and a Nutmeg beaten,
and so serue it footth.

To

A booke of Cookerie.
To boile Roche, Perche and Dase,
with other small fish.

Take faire water & put to it parsely
Lime & Rosemary slipped, and so
let it boyle a good while together,
then take a dish or two of butter, putting
to the same broth and your fish, and so let
it boyle together, seasoning it with cloues
mace pepper and salte, and so serue them
upon soppes.

To boile a Pike another
way..

Take and splet your Pike through the
back and take out the refection, so done,
put your Pike into a pan of water with
Rosemary, let it seeth till it be boyled, then
take your refection with a little wine & ver-
diance with two dishes of butter, put these
in a platter, setting it on a chafingdische of
Coles, and there let it boile, seasoning it
with whole mace, this done, take vp your
Pike, laying him vpon sops in a platter,
then take your refection and his broth and
cast vpon it, and so serue it forth with salt.

To boile a Tench.

Seech your Tench with a litle water &
a good deale of vineger, whē it is sodden
lay

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lay it in a faire dish, take out all the bones
and put a little Saffron in your broth with
a little salte, and put the same broth vpon
your tench, and cast a little fine pepper v-
pon it while it is hot, and so let your tench
stand til it be on a gelly, and when you do
serue it, take an Onion & Parsely chop-
ped fine, and cast it vpon your Tench, and
so serue it.

For Turbot and Cunger.

S Eeth them in faire water and salt, and
let them boile till they be enough, then
take them from the fire and let them cole,
then vse them in the seasoning as the sal-
mon heereafter following.

For fresh Salmon.

T AKE your Salmon and boile him in
faire water, rosemary and time, and
in the seething put a quart of strong Ale to
it, and so let it boile till it be enough, then
take it from the fire, and let it cole, then
take your Salmon out of the pan, and put
it into an earthen pan or wooden boule,
and there put so much broth as will couer
him, put into the same broth a good deale
of vinsger, so that it be tart with it.

C

For

For White pease pottage.

Take a quart of white Pease or more
e seeth them in faire water close, un-
till they doe cast their huskes, the which
cast away, as long as any wil come vp to
the topp, and when they be gon, then put
into the peaze two dishes of butter, and a
little vergious, with pepper and salt, and
a little fine powder of March, and so let it
stand till you will occupy it, and then serue
it vpon sops. You may see the Porpose and
Seale in your Pease, seruing it forth two
pieces in a dish.

To bake porpose or Seale.

Take your porpose or Seale, and per-
boile it, seasoning it with Pepper and
Salt, and so bake it, you must take of the
Skinne when you doe bake it and then
serue it forth with Gallentines in sawcers

To make a cawdle of Ore meale.

Take two handful or more of great ore
meale, and beat it in a stone Morter
wel, then put it into a quart of ale, and set
it on the fire, and stirre it, season it with
Cloues, mace, and suger beaten, and let
it boile til it be enough, then serue it forth
vpon Soppes.

To

To dresse a carpe.

Take your carpe and scale it, and splet it, and cut off his heade, & take out all the bones from him cleane, then take the fish and mince it fine, being raw, with the yolkes of four or five hard egges minced with it, so done put it into an earthen pot, with two dishes of butter & a pint of white wine, a handfull of prynnes, two yolkes of hard egges cut in four quarters, and season it with one nutmeg not small beaten, Salt, Synamon and Ginger, and in the boyling of it you must stirre it that it burne not to the pot bottome, and when it is enough then take your minced meat, & lay it in the dish, making the proportion of the body, setting his head at the upper end and his taile at the lower end, which head and taile must be sodden by themselves in a vessell with water and salt.

You may use a Pike thus in al pointes, so that you do not take the prynnes, but for them take Dates and small raisons. and when you have seasoned it as your Carpe is, and when you do serue it put the refection into the pikes mouth gaping, and so serue it forth.

A book of Cookerie.
To farse Egges.

Take eight or ten eggs and boyle them hard, pull of the shelles, and cutte every eg in the middle then take out the yolkes and make your farsing stiffe as you do for flesh, sauing only you must put butter into it insce de of suet, and that a little so doon fill your Egges wher the yolkes were, and then binde them and seeth them a littele, and so serue them to the table.

Sallets for fish daies.

First a sallet of green fine hearbs, putting Perriwinckles among them with oyle and vineger.

an other.

Olives and Capers in one dish, with Vineger and oyle.

an other.

VV **V**Hite Endive in a dish with perriwinckles vpon it, and oyle and vineger.

an other.

Carret rootes being minced, and then made in the dish, after the proportion of a Flowerdeluce, then picke Shrimps and lay vpon it with oyle and vineger.

an

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Another.

Onions in flakes laid round about the
diche, with minced carrets laid in the
middle of the dish, with boyled Hippes in
fine partes like an Oken leafe, made and
garnished with tawney long cut with oile
and vineger.

another.

Alexander buds cut long waies, gar-
nished with welkes.

another.

Skirret rootes cut long waies in a dish
with tawney long cutte, vineger and
Oyle.

another.

Salmon cut long waies, with slices of
onions laid vpon it, and vpon that to
cast violets, oyle and vineger.

another.

Take pickeeld herring cut long waies
and lay them in rundles with onions
and parselly chopped, and other herringes
the bones being taken out to bee chopped
together and laide in the rundles with a
long piece laive betwixt ths rundles like
the proportion of a snake, garnished with
Tawney long cut, with vineger and oile.

Ciii.

an

another

Take pickelde Herrings and cut them long waies, and so lay them in a dish, and serue them with oyle and vineger.

To make tattes or balde meates for fish daies.

Take your dish and annoiint the bottom well with butter, the make a fine past to the breadth of the dish, and lay it on the same dish vpon the butter, then take Beeches, Spinage, and Cabbadges, or white Lettice, cutting them fine in long pieces, then take the yolkes of viii. rawe egges, and six yolkes of hard Egges, with small Raisons and a little Cheese fine scraped, and grated bread, and thre or four dishes of Butter melted and clarified, and when you haue wrought it togeather, season it with Sugare, Minamon, Ginger and salt, then lay it vpon your fine past spreding it abroad, then the couer of fine paste being cut with prettie work, then set it in your ouen, bake it with your dish vnder it and when it is enough, the at the seruing of it you must vswe pastre the couer with Butter, and so scrape suger vpon it, and then serue it sooth.

To

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To make aloes of fresh Salmon to
boile or to bake.

Take your Salmon and cut him small
in pieces of thē fingers b̄readth, and
when you haue cut so many slices as you
will haue, let them be of the length of a
womans hand, then take more of the sal-
mon, as much as you thinke good, & mince
it rawe with sixe yolkes of hard Egges
very fine, and then two or three dishes of
Butter with small raisons, and so worke
them together with cloues, Mace, Pep-
per, and Salt, then lay your minced meat
in your sliced Aloes, every one being rel-
led and pricked with a feather, fall closed,
then put your aloes, into an Earthen pot,
and put to it a pinte of water, and another
pint of Claret wine, and so let them boile
til they be enough, & afterwarde take the
yolkes of three rawe egges with a little
vergious, being strained together, and so
put into the pot, then let your aloes seeth
no more afterwarde, but serue them vpon
Soppes of b̄read.

A Troute baked or minced.

Take a Troute and seeth him, then take
out all the bones, then mince it verie
fine

fine with thre or fourre datesminced with it, seasoning it with Ginger, ano Sina-
mon, and a quantifie of Sugger and But-
ter, put all these together, working them
fast, the take your fine paste, and cut it in
thre corner wates in a small bignesse, of
fourre or five coffins in a dish, the lay your
Crusse in them, close them, and so bake the
and in the seruing of the basys the couers
with a little butter, and then cast a little
blaunch powder on them, and so sarue it
forth.

To make a spede Eagle of a pullet.

TAKE a good pullet and cut his throate
hard by the head, and make it but a lit-
tle hole, then scalde him cleane, and take
out of the small hole his crop, so done, take
a quill and blewe into the same hole, so
to make the skinne to rise from the fleshe,
then break the wing bones, and the bones
hard by the knee, then cut the necke hard
by the body within the skinne, then cut off
the romp within the skinns, leauing the
bones at the legges, and also y head on, so
drawing the whole body out within the
skinne of the hole, the bones to be laid be-
neath

neath towardes the clawes, and the feete
being left also on, you must cut of his bill:
when you haue taken out all these bones,
and brought it to the purpose, then take
the fleshe of the same pullet, & perboile it
a little, and mince it fine with Sheepe's
Huet, grated bread, thre yolkes of harde
Egges, then bindes it with foure rawe
Egges, and a fewe Barberies, working
these together, season it with Clones,
Mace, Ginger, Pepper and salt, and saf-
fron, then stuffe your pullets skinne with
it, putting it in at the hole at the head, and
when you haue stuffed him, take him and
lay him flat in a platter, and make it after
the proportion of an Eagle in every part,
hauing his head to be cleft a sunder, and
laide in two partes like an Eagles head
thus done, then must you put him into the
Ouen, leauing in the platter a dish of but-
ter vnderneath him, an other vpon him,
because of burning, and whe it is enough
then set it foorth, casting vpon him in the
service blaunch pouder, Synamon Gin-
ger, and Huger.

To

To make Mortirs of a Capon, Hen,
or pullet,

Take a well fleshed Capon, Henne, or
pullet, scalde and dresse him, then put
him into a pot of faire water, and ther let
it seeth til it be tender, then take it and pul
all the flesh from his bones, and beat it in
a stone morter, and when you thinke it
halfe beaten, put some of the same licour
into it, and then beate it til it be fine, then
take it out and straine it with a little rose
water out of a strainer into a dish, then
take it and set it on a chafingdish of coles,
with a little Sugger put to it, and so stirre
it with your knife, & lay it in a faire dish
in thre long i owes, then take blanch pou
der made of Sinnamon and Sugger, and
cast vpon it, and so serue it forth.

To make a collucc.

Take all the bones and legges of the a
foresaid Capon, Henne or pullet, and
beat them fine in a stone Morter, putting
to it halfe a pinte or more of the same li
cour that it was sodden in, then straine it,
and put to it a little Sugger, then putt it in
to a stony Crewes, and so drinke it warm
first and last.

A madedish of the proportion of an
Egge for flesh daies.

Make in all your things, your farsing
stiffe as you do for your Cabbadge,
euен so much as will fill a Bladder. First
take a drie bladder & wash it cleane, that
is of a Calfe oz of a Stere, and cut a little
hole in the toppe, and then put in all your
farseing stiffe, and when you haue filled
it then close the bladder toppe, binding it
with a threede, and then put it into freshe
Beefe broth, or Mutton broth, and there
let it seeth till it be enough, then take it
out, and let it stand still til it be somewhat
stiffe, then cut away the bladder from it,
and take another drie bladder, and washe
it clean: let it be bigger somewhat then the
other was before, and cut it broad at the
toppe, wherby your farsing stiffe may in
the hole goe, and when it is in then so ma-
ny whites of Egges being rawe as may
run round about him both aboue and be-
neath, within the bladder cleane couered
with it, then bind vp your bladder mouth
and put into your broth againe the Blad-
der, and there let it seeth till the white be
hardened about the farsing, then take it
out

out and cut awaie the bladder, then set it in a faire dish, laying the parselie vpon it, and so serue it forth.

Thus may you make small Egges to the number of sixe or eight in a dish in like maner, having a bladder for the same purpose.

To still a Capon for a sicke person.

Take a well fleshed capon faire scalded and drest, and put him into an earthen pot, put to it Barrage and Buglas, three handfull of mints, one handfull of Harkes tung, and Langdebeesse, a handfull of Jsope, put thereto a pinte of Clarret wine, and a pinte of cleane water, and twelue Propnes, and when you haue so doon couer the pot with a dish or saucer, and vpon that all to couer course passte that no aires come out, then take the pot and hang in a Brasse pot vp to þ brimmes of your passte, and so let it boile for twelue houres at the least, & alwaies as your water that is in the brasse pot doth consume, be sure to haue in readines another pot of hotte water at the fire to fill it as long as it doth seeth for the twelue houres, and when the houres be past take it from the fire, and let it cole for

for one hawer, then vnloose and straine the
licour from the capon into a faire pot, ta-
king every morning warme four or five
spoonfuls next to your hart, which shall
comfort and restore nature to you beeving
sicke, vsing this aforesaide capon.

To preserue Quinces in sirrop all
the yeere.

Take three pound of quinces being pa-
red and cored, two pounds of suger
and three quarts of faire running water,
put all these togeather in an earthen pan,
and let them boyle with a soft fire, & when
they be skinned, couer them close that no
ayre maye come out from them, you must
put cloves and Synamon to it after it
is skinned, of quantitie as you will haue
them to taste, if you wil know when they
be boyled enough, hang a linnen cloth be-
tween the couer and the pan so that a god
deale of it may hang in the licour, & when
the cloth is very red they be boyled enough
let them stand till they be colde, then put
them in Gally pots sirroppe, and so wil
they keepe a yeere.

To

To conserue wardens all the yeere in
sirrop.

Take your wardens and put them into a great Earthen pot, and couer them close, set them in an Ouen when you haue set in your white bread, & when you haue drawne your white bread, and your pot, & that they be so colde that you may handle them, then pill the thin skynne from them ouer a pewter dish, that you may saue all the sirroppe that falleth from them; put to them a quarte of the same sirroppe, and a pinte of Rosewhiter, and boile them toge-ther with a fewe Cloues and Hinnamon, and when it is reasonable thick and cold, put your wardens and Sirroppe into a Galley pot, and see alwaies that the Sirrop bee aboue the Wardens, or any other thing that you conserue.

To conserue cherries, Damefins or wheat plummes all the yeere in the
sirrop.

First take faire water, so much as you shall think meete and one pound of su- ger, and put them both into a faire bason, and set the same ouer a soft fire, till the su- ger be melted, then put thereto one pound
and

A booke of Cookerie.

and an halfe of chirries, or Damsons, and let them boile till they breake, then couer them close til they be colde, then put them in your gally pottes, and so keepe them: this wise keeping proportion in weight of Suger and fruite, you may conserue as much as you list putting thereto Synamon and cloues, as is aforesaid.

To make a paste of Suger, whereof a man may make al manner of fruits, and other fine thinges with their forme, as Plates, Dishes, Cuppes and such like thinges, wherewith you may furnish a Table.

Take Gumme and draganf as much as you wil, and steep it in Rosewater til it be mollified, and soz fourre unces of suger take of it the bignes of a beane, the iuyce of Lemons, a walnut shet ful, and a little of the white of an eg. But you must first take the gumme, and beat it so much with a pestell in a brasen morter, till it be come like water, then put to it the iuyce with the white of an egge, incorporating al these wel together, this don take fourre unces of fine white suger well beaten to powder, and call it into y morter by a little
and

and little, until they be turned into þ form
of paste, þe take it out of the said morter,
and bray it vpon the powder of suger, as
it were meale or flower, vntill it be like
soft paste, to the end you may turn it, and
fashionit which way you wil. When you
haue brought your paste to this forme
spread it abroad vpon great or smal leaues
as you shall thinke it good, and so shal you
form or make what things you wil, as is
aforesaid, with such fine knackes as may
serue a Table taking heede there stand
no hotte thing nigh it. At the ende of the
Banquet they may eat all, and breake the
Platters Dishes, Glasses, Cuppes, and
all other things, for this paste is very de-
licate and sauorous. If you will make a
thing of more finenesse then this: make a
Tarte of Almondes stampid with suger
and Rose water of like sorte that March-
paines be made of, this shall you laye be-
tween two pastes of such vessels or fruits
or some other things as you thinke good.

To confite walnuts

Take them greene and small in huske,
and make in them foure little holes, or
more, then steepe them in water eleuen
daies

vales, make them cleane and boyle them
as y Drenge heerafter written, but they
must saethe feure times as much. Dresse
them likewise with Spices, sauing you
must put in very fewe Cloues, least they
taste bitter. In like sorte you may dresse
Goores, cutting them in long peeces, and
paring away the inner partes.

To make Mellons and Pompons
sweet.

TAke fine Sugur and dissolve it in wa-
ter, then take seedes of Mellons and
cleane the a little on the side that sticketh
to the Mellon, and put them in the sugred
water, adding to them a little rosewater.
Leane the saide seedes so by the space of
three or fourre houres, then take them out,
and you shall see that as soone as the saide
seedes be dry, it wil close vp again. Plant
it and there will come of it such Mellons,
as the like hath not been seene. If you wil
haue them to giue the savor of Muske :
put in the said water a little muske, and
fine Sinamion, and thus you may doo the
seedes of Pompones, and Cowcumbers.

D

To

To confite Orenge peeles which may be
doone at all times in the yeere, and
chechly in May, because then the saide
peeles be greatest and thickest.

Take thicke Orenge peeles, and them
cut in four or five pieces, and steepe
them in water the space of ten or twelues
daies. You may know when they be stee-
ped enough, if you holde them vp in the
sunne and see through them, then they be
steeped enough, & you cannot see through
them, then let them steepe until you may.
Then lay them to drye upon a table, and
put them to dry between two linnen clo-
thes, then put them in a Kettell or vessell
leaded, and adde to it as much Honny as
will halfe cover the saide peeles, more or
lesse as you think good, boyle them a little
and stirre them alwaies, then take them
from the fire, least the Honny should seeth
ouermuch. For if it shuld boyle a little
more then it ought to boyle, it would be
thick. Let it stand and rest four daies
in the said Honny, stirring and mingling
the Orenge and Honny every day toge-
ther. Because there is not honny enoughe
to cover all the saide Orenge peeles, you
must

must stir them well and oftentimes, thus
doo three times, giuing them oure bockling
at ech time, then let the stand thre dayes
then strain them from the honny, and af-
ter you haue let them boile a small space,
take them from the fier, and beslow them
in vessells, putting to them Ginger, cloues
and Synamon, mire all together, and the
rest of the Sirrope will serue to dresse o-
thers withall.

• How to purifie and prepare Honnye
and Sugar for to confite citrons
and all other
fruites.

Take euery time ten pound of honny, the
white of twelve new laid egges, and
take away the froth of them, beate them
wel together with a stick, and six glasse
of fair fresh water, then put them into the
honny, and boyle them in a pot with mo-
derate fire the space of a quarter of an ho-
uer or lesse, then take them from the fire
skimming them well.

To confite Peaches after the Spanish
fashion.

Take great and faire Peaches and pull
them cleane, cut them in pieces and so-

D.y.

lays

lay them vpon a table abroade in the Sun
the space of two daies, turning them eue-
rye morning and night, & put the hot into
a Inlep of Sugare wel sodden, and prepa-
red as is aforesaid, and after you haue ta-
ken them out set them againe in the Sun
turning them often vntill they bee well
dried, this doon, put them againe into the
Inlep, then set them in the sun vntill they
haue gotten a faire bark or crust, and the-
you may keepe them in bores for winter.
a goodlye secret for to condite or confite

Orenge, citrons, and all other
fruitees in sirrop.

Take Cytrons and cut them in peeces,
taking out of them the iuice or sub-
staunce, then bysle them in freshe water
halfe an hower vntill they be tender, and
when you take them out, cast the in colde
water, leauie them there a good while, the
set them on the fire againe in other freshe
water, dos but heat it a little with a smal
fire, for it must nrt seeth, but let it simper
a little, continue thus eight daies together
heating the every day in hot water: some
heat h water but one day, to the end that
the citrons be not too tender, but change
the

the freshe water at night to take out the
bitternesse of the pilles, the which being
taken away, you must take suger or Honie
clarified, wherin you must the citrons
put, having first wel dried them from the
water, & in witer you must keepe the from
the frost, & in Sommer you shal leave the
therē all night, and a daye and a night in
Honie, then boile the Honie or Sugar by
it selfe without the orenges or Citrons by
the space of halfe an hower or lesse with a
little fire, and beeing colde set it again to
the fire with the Citrons, continuing so
two morninges: if you wil put Honnie in
water and not suger, you must clarifie it
two times, and straine it through a stray-
ner: hauing thus warmed and clarified it
you shall straine and sette it againe to the
fire, with Citrons onely, making them to
boyle with a soft fire the space of a quar-
ter of an houre, the take it from the fire &
let it rest at every time you do it, a day &
a night: the next morning you shall boyle
it again together the space of half an hou-
er, and doo so two morninges, to the end
that the Honie or suger may be well in-
corporated with the Citrons. All the cum-

ning consisteth in the boyling of this sir-rope together with the Citrons, and also the Sirrope by it selfe, and heerein heede must be taken that it take not y^e smoke, so that it sauour not of the fire: In this manner may be dreſt the Peaches, or Lemmons, Oranges, Apples, greene Walnuts, and other like being boyled more or leſſe, according to the nature of the fruits.

To bray golde.

TAKE Golde leaves, fower drops of honey mire it wel together, and put it into a glasse, and when you will occupie it, steep and temper it in gumme water and it will be good.

To make a condonack.

TAKE Quinces and pare them, take out the coates, and seeth them in fair water until they break, then strain them through a fine strainer, and for eight pound of the said strained quinces, you must put in 3. pound of Suger, and mingle it together in a vessel, and boile them on the fire alwaies stirring it until it be sodden, which you may perceiue, for that it will no longer cleave to the vessel, but you may straþ muske in powder, you may also ad spicē

to it, as Ginger, Synamon, Clones, and Nutmegges, as much as you think meet, boylng the muske with a little Wineger, then with a broad slice of wood spread of this confection vpon a table, which must be first strewed with Sugur, and there make what proportion you wil, and set it in the sunne vntil it be drye, and when it hath stood a while turn it vpsidown, making alwaies a bed of Sugur, both vnder and aboue, and turne them still, and drye them in the sunne vntill they haue gotten a crust. In like maner you may dresse Peares, Peaches, Damfins, and other fruities.

To make confections of Mellons or Pompones.

Take what quantity of Mellons you think best, and take them before they be ripe, but let the be good, and make as many cuts in the as they be marked with quarters on euery side, and having min- dird them and taken out the cores and curnels, and peeled the outer rinde, steepe them in good Wineger, and leauing them so the space of ten daies, & when you haue taken them out, take other vineger and
C. liij. . steep

Stepe them a new againe other ten daies
remouing and stirring them every daye,
then when time shalbe take them out, and
put them in a course linnen cloth , dryng
and wipynge them, and set thē in the ayre,
the space of a day and a night, then boyle
them in Honey, and by the space of x. daies
gine them every day a little boylling, lea-
ning them alwaies in the Honey, and they
must boile at euery boylling but one walm
then take the peeces and put thē in a pot
with powder of cloues, Ginger and Nut-
megges, and peeces of Hinnamon , thus
done, make one bed of the peeces of Mel-
lons, and another of the splices , and then
powre white Honnie vpon all in the said
pots or vessells,

The stilling of a capon a great
restoritie.

Take a yong Capon that is well fleshed
and not fat, & a knuckle of yong Weale
that is sucking, and let not fat be vpon it,
and all to hack it bones and all, and flea
the capon cleane the skin from the fleshe,
and quarter it in fourz quarters, and all
to burst it bones and al, and put the Weale
and it altogether in an earthen pot , and
put

put to it a yinte of Red wine, and eight spoonfulles of rose water, and halfe a pound of small raisons and Currants, and soure Dates quartred, and a handfull of Rosemary flowers, and a handful of Burreage flowers, and twenty or thirtie whole maces, and take and couer the pot close with a couer, and take paste and put about the pols nouith that no ayre come forth, and set it within a brasse pot full of water on the fire, and let it boile there eight houres and then take the ladle and bruse it altogether within the pot, and put it in a faire strainer, and straine it through with the Ladle, and let no fat be vpon the broth, but that it may be blowne or els taken with a feather, and every daye next your hart drinke halfe a dozen spoonfulles thereof, with a Cake of Manys christi, and againe at fourre of the clocke in the afternoone.

To make good sope.

First you must take halfe a strike of ashen Ashes, and a quarte of Lime, then you must mingle both these together, and then you must fil a pan full of water and seeth them well, so done, you must take fourre pound of beastes tallow, and put it into

into the Lye, and seeth them together vntill it be hard.

an. 1589.

To make Quinces in Sirrope.

Take thirty Quinces to the quantity of this sirrop, take a pottel of water and put it in a pan, and then take the whites of six egges and beat them with an other pottle of water, & then put it altogether, and put thereto twelue or fourteene pound of Suger, as you shal see cause, and seeth it and skinne it very cleane, and then put to it two ounces of cloues and bruse the
a very little, and let them seeth vntill the
some do rise very black, and then skimme
of the cloues againe & wash them in faire
water and dry them and put them in a
gaine and your quinces also. Put to them
half a pint of rose water, and then put the
Sirrope in a faire earthen pot or panne,
and lay a sheet four times double vpon
them to keepe in y heat, and so let it stand a
day or two, and then put them & the sirrop
in a vessel that was never occupied, & co-
uer them close, but in the beginning pare
your quinces and core them, & seeth them
in faire water, vntill they be tender, and
then take them vp and lay them that the
water

water may runne from them cleane, and when they be cold, then put the into your sirrope as it is aboue said.

To make conserue of Barberies.

Take your Barberies and picke them cleane, and set the ouer a soft fire, and put to them Rosewater as much as you thinke good, then when you thinke it be sedde enough, straine that, and then seeth it againe, and so euery pound of Barberies, one pound of suger, and meat your conserue.

To make a Pudding of a Calues chaldron.

First take þ chaldron & let it be washed, scalded & perboyled, and let it be chopped & stamped fine in a morter, and while it is hotte straine it through a cullender, and halfe a dozen of Egges both whites and yolkes, with all maner of hearbs to them a handful oþ two, let the hearbes be shred small, and put them to the chaldron and a good handful of grased bread, then take a handfull of flower, and put it to it all, then take an Orenge pil out of the sirrope and mingle with it, then season it with Synamon and Ginger, and a fewe

Cloues

Cloues and mace, and a little Rosewater
and Marrowe or Huet, Butter a good
quantity thereof close it vp, so it be not dry
baked, then take the thinnest of y shepes
kel and wrapt the meat in, then rease the
coffin offine passe and put it in.

To boile calves feete.

Take a pinte of white wine and a smal
quantity of water, and small raisons
and whole mace, and boile them together
in a little Vergious and yolkes of egges,
mingled with them, and a peece of sweete
butter, so serue them vpon bread sliced.

To stewe veale.

Take a knuckle of Veale & al to bruse
it, then set it on the fire in a little fresh
water, let it seeth a good while, then take
good plenty of onions and chop them into
your broth, and when it hath well sodden,
put in Vergious, Butter, Salt and Has-
fron, and when it is enough, put to it a lit-
tle suger, and then it will be good.

To boile chickens and mutton after the
Dutch fashion.

First take Chickins and mutton, and
boyle them in water a good while, and
let a good deale of the water be boyled aw-
ay,

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5

way, then take out the Mutton and chickens and the broth, make whit broth, put in thereto Cinnamon and Ginger, Suger and a litle Pepper, and a litle Vergious, and a litle flower to thicken it, and a litle Saffron, take Rosemarye, Lime, Margerum and penirial, and Hisope, and halfe a dish of butter, with a litle salt, the liquor must be cold before the chickens be put in.

To make a caudle.

T A K E a pinte of Malmesie and five or sixe egges, and seeth them strained together, so sodden, stirre it till it be thicke, and lay it in a dish as you doe please, and so serue it.

To make a Haggas pudding.

T AKE a peece of a Calues Chaldron and perboile it, shred it so small as you can, then take as much Beefe Hewet as your meate, shred likewise, and a good deals more of grated bread, put this together, and to them seuen or eight yolkes of eggs, and two or three whites, & a litle creame, three or four spoonfull of rosewater, a litle Pepper, Mace and nutmegs, and a good deale of suger, fill them and let them be

be sodden with a very soft fire, and shred also with a little Winter Savory, parseley and Lime, and a little Penitriall with your meat.

To make Haggis Puddings.

Take th liner of a Hog and perboyle it, then stampe in water and strain it with thicke creame, and put thereto eight or nine yolkes of egges, and three or foure whites, and Hoggis suet, small raisons, Cloues and Mace, pepper, salt, and a little suger, and a good deale of grafted bread to make it thick, and let them soeth.

To make Ising puddings.

Take great Dietmsale and pick it and let it soake in thick cream 3. bowere, then put thereto yolkes of Eggs, and some whites, pepper, salt, cloues and mace, and a little suger, and fil them ned so full, and seeth them a good while.

To seeth Muscles.

Take butter and vineger a good deale, parseley chopt small and pepper, then set it on the fire, and let it boile a whild, then see the Muscles be cleane washée, and put them in the broch shelles and all, and when they be boyled a while, serue them

them shelles and all.

To make a Pudding.

Take Parsley and Time, and chop it small, then take the kidney of Heale, and perboile it, and when it is perboyled, take all the fat of it, and lay it that it may coole, and when it is colde shred it like as you doo swet for puddinges, then take marrow and mince it by it self, then take grated bread and smal raisons the quantity of your stiffe, & dates minced small, then take the egges and rosse them hard, and take the yolks of them and chope them small, and then take your stiffe afore prepared and mingle altogether, and then take pepper, Cloures and Pace, Saffron, and salt, and put it together with the said stiffe, as much as you thinke by casting shal suffice, then take six Eggs and breake them into a vessel whites and all, and put your dry stiffe into the same egges, and temper them all wel together, and so fyll your haggesse or gut, and stich it wel and it will be good.

To stewe Steakes.

Take a necke of Mutton and cut it in pieces, and then frye them with butter untill

vntill they be more then halfe enough fry them with a good many of Onions sliced, then put them in a little pot, & put there-to a little parsel y chopt, as muche broath of Mutton or beefe as couer them, with a little Pepper, salt, and Vergious: then let it seeth together very softly the space of an hower, and serue them vpon soppes.

To boile the lightes of a calfe.

First boile the lightes in water, then take Parsely, Lime, Onions, Penyriall, and a little Rosemary, and when the Lightes be boiled chop all these together Lightes and all very smal, and then boile them in a little pot, and put into them vergious, Butter, and some of the owne broth then season it with Pepper, Synamon, and Ginger: let them boile a little and serue them with sops.

To make a lenthen Haggasse with poched egges.

Take a Skillet of a pinte, and fill it half with vergious, and halfe with water, and then take Margerome, Wintersane, ris, Peniroyall, mince, Lime, of eche firr crops, wash them, and take fourre Egges, hard rested, and shred them as fyns as you can,

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can, & put the hearbes thus into the broth, then put a great handfull of currants, and the crummies as a quarter of a Manchet, and so let it seeth til it be thicke, then season it with Suger, Synamon, Salt, and a good peece of Butter, and thre or fours spoonefulls of Rosewater, then poch seven Egges and lay them on fippets, and poure the Haggesse on them, with Synamon and Suger strewed on them.

To boile Onions.

Take a good many onions and cut the in four quarters, set them on the fire in as much water as you think will boyle them tender, and whe they be clean skimmed, put in a good many of small raisons, halfe a spoonful of grose pepper, a good peece of Suger, and a little Salte, and when the Onions be thorough boyled, beat the yolke of an Egge with Vergious, and put into your pot and so serue it vpon soppes. If you will poch Egges and lay vpon them.

To boile Citrons.

Ve your Citrons be boyled, pared and sliced, seeth them with water and wins, and put to them butter, small raisons

Raysons, and Barberies, suger, cinnamon
and Ginger, and let them seeth till your
citrons be tender.

To bake Lampernes.

First make your coffin long waies, and
season your Lampernes with Pepper,
Cloues, and Mace, and put them in the
Pye, and put thereto a good handfull of
small Raysons, two or thre onions sliced
a good peece of Butter, a little suger, and
a few Barberies, & whē it is enough put
in a little Vergious.

To make fride toste of Spinage.

Take Spinnage and seeth it in water
and salt, and when it is tender, wring
out the water betweene two Trenchers,
then chop it smal and set it on a Chafing-
dish of coles, and put thereto butter, small
Raisons, Cynamon, Ginger, and Suger,
and a little of the iuyce of an Orange and
two yolks of rawe Egges, and let it boile
till it be somewhat thicke, then toste your
cole, soake them in a little Butter, and
Suger, and spread thinne your spinnage
upon them, and set them on a dish before
the fire a litle while, & so serue them with
a litle suger vpon them,

To

To bake a Citron pie.

Take your citron, pare it and slice it in pieces, and boile it with grose pepper and Ginger, and so lay it in your Paste with butter, and when it is almost baked put thereto Wineger, Butter, and Sugur, and let it stande in the Ouen a while and soke.

An other way to bake Citrons.

When your Citrons be pared & syced laye it in your Paste with small Raysons, and season them with Pepper, ginger, and fine suger.

To bake Aloes.

Take a Legge of mutton or Meale, and cut it in thynre slices : take parseley, Lime, Margerom, Sauerie, & chop them small, with ii. or iii. volkes of hard Egges, and put thereto a good many Currants, then put these hearbs in the slices, with a peice of Butter in each of them, and wrap them together and lay them close in your Paste, season them with Cloues, Rose, Synamon, Sugur, and a lyttle whole pepper, Currans and Barberies cast upon them, and put a dish of butter to them & behē they be almost baked put in a lit-

A booke of cookrye.
little Vergious.

To bray Golde.

Take Golde leaues, fower drops of ho-
ny, mix it wel together, and put it in-
to a Glasse, and when you will occupie it,
Ssleep and temper it in gumme water and
it will be good.

To make conserues of Roses, and of any
other flowers.

Take your Roses before they be fullye
sprung out, and chop off the white of
them, and let the Roses be dried one daye
or two before they be stamped, and so one
unce of these flowers take one unce and a
halfe of fine beaten Sugur, and let your
roses be beatē as you can, and after beat
your roses and Sugur together againe,
then put the Conserue into a faire glasse:
And likewise make all Conserue of flo-
wers.

To make conserue of cherries, and
other fruities.

Take halfe a pound of Cherries, & boile
them dry in their own licour, and then
straine them through a Hearne rale, and
when you haue strained them, put in two
pounde of fine beaten Sugur, and boyle
them

them together a pretie while, and then put your Conserue in a pot.

To seeth a carpe.

F irst take a Carpe and boile it in wa-
ter and salt, then take of the broth and
put in a litle pot, then put thereto as much
Wine as there is broth, with Rosemary,
Parselie, Tyme, and margerum bounde
together, and put them into ths pot, & put
thereto a good manie of sliced Onyons,
small raisons, whole maces, a dish of but-
ter, and a little suger, so that it be not too
sharp nor two sweet, and let all these seeth
together; if the wine be not sharpe enough
then put thereto a little Winesger, and so
serue it vpon soppes with broth.

To seeth a pike.

F irst seeth the Pike in water and salt,
with Rosemarie, Parsely and Tyme,
then take the best of the broth and put in-
to a litle pot, then put thereto the ruffelt of
the pyke, small Raisons, whole Mace,
whole pepper, twelve or thirteen Dates:
a good peice of Butter, a goblet of white
wine, and a little yeast, and whē they haue
boyled a good while, put in a little vine-
ger, suger and Ginger, so serue the pyke

Citt.

With

A book of cookrye.
with the Ruffolt, and broth vpon soppes.
To boyle cockles.

Take water, vineger, pepper, and
beere, and put the cockles in it, then
let them seeth a good while, & serue
the broth and all. You may seeth them in
nothing but in water and salt if you wil.
To boyle a carpe in greene broth, with a
pudding in his bellie.

Take the spawne of a carpe, and boile
and crumble it as fine as you can,
the take grated bryars, smal raisons
dates minced, cinammon, suger, cloues, and
Mace, and Pepper, and a little salte min-
gled altogether, and take a good handful
of sage, and boile it tender, and straine it
With thre or foure yolkes of Egges, and
one white, and put to the spawne, with a
little creaine and Rosewater, then take
the carpe and put the padding in the bel-
lie, and seeth him in water and salt, and
Wher he is almost boyled, take some of the
Spawne and of the best of the broth, and
put it into a little pat with a little white
wine, and a god piece of butter, and thre
or foure Onions, whole Mace, whole
Pepper, and small raisons, and thre or
four

fewer Dates, and when it is a good deale
sodden, put in a good deale of sauced spin-
nage, & strain it with three or four yolks
of Egges, and the Onions that you put
into the Broth with a little Mergious,
and put it to your Broth: and if it be too
Sharpe put in a little Hager, and so laye
your Carpe vpon soppes, and poure the
Broth vpon it.

To make an Almond Custard.

Take a good sort of almonds blanched,
and stampe them with Water, and
straine them with water and a little rose-
water, and twelve Egges, then season it
with a little synamon, suger, and a good
deale of Ginger, then set it vpon a pot of
sæthing water, & when it is enough sticke
Dates in it.

To make a blanch marger on the fish day.

Take whites of egges and creme, and
boile them on a chafingdish on coles,
till they Curd, then will their whay goe
from them, then put away the whay, then
put to the Curd a little Rosewater, then
straine it and season it with suger.

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To

A book of cookrye.
To bake chickens.

Fⁱrst season them with cloues & mace,
pepper and salt, and put to them cur-
rants and Barberies, and slitte an apple
and cast synamon and suger vpon the
apple, and lay it in the botome, and to it
put a dish of butter, and when it is almost
enough baked, put a little suger, vergious
and orange.

To make a Pudding in a pot.

T^ake a peece of a Legge of Mutton or
Beale and perboyle it well, then shred
it very fine, with as much suet as there
is mutton, and season it with a little pep-
per and salte. Cloues and Mace, with a
good deale of synamon and Ginger, then
put it in a little pot, and put thereto a good
quantity of Currans and Prunes, and
two or three Dates cut the long wayes,
and let it seethe softly with a little vergi-
ous vpon sops, and so serue it with suger.

To stew Steakes.

T^ake the great Ribbes of an Pecke of
mutton and choppe them asunder, and
wash them wel, then put them in a platter
one by another, and set them on a chafin-
dish of coales, couer them and turne them
now

now and then, so let them stew til they be halfe enough, then take Parseley, Time, Margerome and Dryons, and chop them very small, and cast upon the steakes, put thereto one spoonfull of vergious, and two or thre spoonfulles of Wine, a little butter and Marrowe, let them boyle till the mutton be tender, and cast theron a little pepper, if your broth be too sharp put in a little suger.

To roast a Pigge.

Take your pig and draw it, and wash it cleane, and take the liver, perboile it and straine it with a little creame, and yolkes of Egges, and put thereto grased bread, marrow, small Raisons, nutmegs in powder, mace, suger and salte, and stirre all these together, and put into the Pigges bellye, and sowe the Pigge, then spit it with the haire on, & when it is halfe enough pull of the skinne, and take heede you take not of the fatte, then basse it, and when it is enough, the crum it with whits bread, suger, sinnenamor and ginger, and let it be somewhat browne.

To

To roste an Hare.

Take the Hare and slay her, then take Parsley, Lime Sauery, Creame, a good peece of Butter Pepper, small raisens, and barberries wort all these together in the Hares bellye: when she is almost enough, baste her with Butter, and one yolke of an Egge, and make vyneson sauce to her.

To make Tostes:

Take the Kidney of Aleale and chop it small, then set it on a chafingdishe of Coales, and take two volkes of egges, Currans, Synamon, Ginger, Cloues and mace, and suger, let them boyle together a good while, and a little Butter with the Kidnie.

To make conserue of Mellons,
or Pompons.

Take what quantity of Mellons you thinke best, and take the before they be ripe, but let them be good, and make as many cuts in the as they be marked with quarters on every side, & having mundified the and taken out the cozes and curnelles, and pealed the bitter rinde, screepe them in good Vineger, and leauing them

so the space of ten daies, & when you haue
taken them out, take other vineger and
steepe them ten daies more, remouing and
stirring them every day, then when time
shalbe take the and put them in a course
linnen cloth, drying & wiping them, then
set them in the ayre the space of one daye
and a night, then boile them in hony, and
by the space of ten daies gite them euery
day a little boyling, leauing the alwaies
in the Hony, and they must boile at euery
boiling but one swalm, then take the pee-
ces and put them in a pot, with pouder of
Cloutes, Ginger and Nutmegges, and a
piece of synamon, this doone, make one
bed of the pieces of Hellors, and another
of the spice, and then peure white honye
vpon all in the said pots or vessells.

To make sirrope of Violcs.

First gather a great quantity of violet
flowres, and pick the cleane from the
stalkes and set the on the fire, and put to
them so much Rosewater as you thinke
good, then let them boile altogether vntill
the colour be forth of them. the take them
of the fire and strain them through a fine
cloth, then put so much suger to them as

you

you thinke good, then set it againe to the fire vntil it be somewhat thick, and put it into a violl glasse.

To make sope.

First you must take halfe a Strike of Ashen ashes, and a quarte of Lime, then you must mingle both these together, and then you must fil a panne ful of water and seeth them well, so doone, you must take foure pound of beastes talaw, and put it into the lye and seeth them togeather vntill it be hard.

To preserue orrenge.

Take your Pills and water them two nightes & one day, and dye them clean againe and boile them with a soft fire the space of one hower, then take them out to coole, and make your Sirroppe halfe with Rosewater and halfe with that liconr, and put double Suger to your Orenge, and when your Sirroppe is halfe sodden, then let your orenge seeth one quarter of an hower more, then take out your orenge and let the sirroppe seeth vntil it rope, and when all is colde, then put your Orenge into the Sirrop : The white of an Egge and suger beaten togeather will make it

to

to candie.

The stilling of a capon, a great
restority.

Take a yong Capon that is wel fleshed
and not fat, & a knuckle of yong Veale
that is sucking, and let not fat be vpon it,
and all to hack it bones and all, and clea
the capon cleane the skinne from the flesh,
and quarter it in foure quarters, and all
to bruse it bones and al, and put the veale
and it altogether in an Earthen pot, and
put to it a pinte of Red wine, and eight
spoonfuls of Rosewater, and half a pound
of small Raisins or Currans, or foure
Dates quartered, and a handfull of Rose-
mary flowers, and a handful of Burrage
flowers, and twenty or thirly whols Ma-
ces, and take and couer the pot close with
a couer, and take pastes and put about the
pots mouth that no ayre conie forth, and
set it within a brasse pot full of water on
the fire, & let it boyle there eight houres,
and then take the ladle and bruse it alto-
gether within the pot, and put it in a faire
strainer, and straine it through with the
ladle, and let no fat be vpon the broth but
that it may be blowne or else taken with

a feather, and euery daye next year hart
drinke halfe a dozen spoonfulls therof,
with a cake of Manus Christi, and again
at fourre of the clock in the afternoone.

To make drie Marmeler of Peches.

Take your Peaches and pare the, and
cut them from the stones, and mince
them very finely and steep them in rose-
water, then straine them with rose water
through a course cloth or Strainer into
your Pan that you will seethe it in, you
must haue to euery pound of peches halfe
a pound of suger finely beaten, and put
it into your pan y^e you do boile it in, you
must reserue out a good quātity to mould
your cakes or printes withall, of that su-
ger, then set your pan on the fire, and stir
it til it be thick or stiffe that your stick wil
stand vp right in it of it self, then take it vp
and lay it in a platter or charger in pretty
lumps as big as you wil haue y^e mould or
printes, and when it is colde print it on a
mould or what knot or fashion you will,
bake in an earthen pot or pan upon y^e em-
bers or in a feate couer, and keepe the con-
tinually by the fire to keep them dry.

To

To make the same of Quinces, or any
other thing.

Take the Quinces and quarter them,
and cut out the cores and pare them
cleane, and seeth them in faire water till
they be very tender, then take them with
rose water, and straine them, and do as is
aforesaid in euery thing.

To preserue Orrenges, Lemmons, and
Pomecitrons.

Firste haue your Orenge finely, & put
them into water two dayes and two
nights, changing your water three times
a day, then perboyle them in three several
waters, then take so much water as you
think conuenient for the quantity of your
Orenge, then put in for euery pound of
Orenge one pound and a halfe of suger
into the water, and put in two whites of
egges and beat them altogether, then set
them on the fire in a braffe vessel, & when
they boyle skinne them very clean, and
cleanse them through a jelly bagge, then
set it on the fire and put in the Orenge.
Use walnuts in like maner, and vse lem-
mons and Pomecitrons in like sorte, but
they must sye in water but one night.

To

To preserue Quinces al the yere through
whole and soft.

TAKE as is aforesaide one pound of wa-
ter, and three pound of suger, & break
it into very smal peeces, and in all things
as you did before, then take twelue Quin-
ces and core them very clean, & pare them
and washe them, and put into you surrup,
when the skim is taken off let them seeth
very soft vntill they be tender, then take
them vp very softly for breaking, and lay
them in a faire thing one by another, the
straine your surrupe, and set it on the firs
again, then put in your Quinces & haue a
quick fire, let them seeth apace and turne
them with your sticke, and when they be
almost ready put in some Rosewater and
let them seeth, and when you thinke they
be ready take vp some of the surrope in a
spooone, and if it be thick like a jelly whē
it is colde then take of your Pan, and put
your Quinces into pots and your surrope
to the, and put into your pots little stickeſ
of Cynamon and a feſwe cloues, and when
they be colde couer them with paper pric-
ked full of ſmall holes.

FINIS.

THE Booke of Cari- uing and Sewing.

*And all the feastes in the
yeare, for the seruice of a Prince or
any other estate, as yee shall finde
each Office, the seruice accord-
ding in this booke
following.*



AT LONDON
Printed by E. Allde for Edward White,
dwelling at the little North doore
of S. Paules at the signe of
the Gunne.

THE Booke Of Gyl-

YNG AND GYLING.

AN ALLEGORY IN THE
MANNER OF A PRINCE,
SUCH AS OFTEN OCCURS IN THESE
EIGHT OFFICES, WHICH ACCORDING
TO THIS PEOPLE FOLLOWING.



ATLONDON

PRINTED BY E. ALLIS FOR EDMUND WHITF.
SELLING AT THE INN OF COURT BOOKS
OF S. PAUL'S CHURCH-YARD.



Tearmes of a Caruer.



Reake that Deare, Leach
that Brawn, reare that
Goose, list that Swane,
sauce that Capon, spople
that Ven, fursh that chic-
ke, vnbrace that Malard,
vnlace that connie: dismember that Her-
ron, display that Crane, disfigure that Pe-
cock, vnioynt that Bitture, vntach that
Cnrelew, alay that Fesaunt, wing that
Partrich, wing that Quaile, mince that
Plover, thie that Pigion, boder that pas-
tie, thie that Wodcock, thie all manner of
small birds.

Limber the fire, tire that egge, chine that
Salmon, string that Lampry, splat that
Pike, sauce that place, sauce that Lench
splay that Brewe, side that Haddock, fusk
that Barbel, culpon that Troute, finne
that Cheyne, transen that Eele, traunch
that Sturgeon, undertraunch that purpes

The booke
fame that crab, bards that I obster.
Heere endeth the goodly Tarmes.

Heere beginneth Butler and Panter.

Thou shalt be butler and panter al the
first yere, and ye must haue thre pan-
try kniues, one kniuse to square trencher
loaves, another to be a chipper, the thirde
shall bee sharpe soz to make smooth tren-
chers, than chip your soueraignes b^erade
het, and all other b^eread let it be a day old,
þoushould b^eread thre daies olde, trencher
b^eread four dayes olde, then looke your salt
be white and dry, the plouer made of Iu-
ry two inches brode, and thre inches long
and looke that your saltseller lid touch not
the salt, than looke your table clothes,
tawels and napkins, bee faire solden in a
chest, or hanged vpon a pearch, than looke
your Table kniues bee faire pullished,
and your spoones cleane, then looke yee
haue two carriours, amore and a leſs, and
wine cannels of box made according, and
a sharpe gimlet and fauclts. And when
ye set a pipe on þoche dooe thus, sett it
fourz fingers byonde aboue the nether
chine

of Caruing.

thine upwardes astaunt , and then shall
the lies never arise . Also looke yee haue in
all seasons , butter, cheeze, apples, peares,
nuts, plumes, grapes, dates, figges , and
raysons compost, gréne ginger, and chard
Quince . Herbe fasting, butter, plums,
damsons, cheries, and grapes . After meat,
peares, nuts, strawberries, hertelberies, and
hard cheeze . Also blaundysis or pipins,
with caraway in coascts : after supper
rest apples and peares , with blanch pou-
der and hard cheeze, beware of Cow cream
and of Strawberries, hertelberies, iuncat,
soy cheeze wil make your soueraigne sick,
but he eate hard cheeze .

Harde cheeze hath these operations,
it will keepe the Stomacke open , but-
ter is wholsome first and last , for it
will doe away all paysons : Mylke,
Creame and Iounctate, they will close
the maw , and so dooth a posset, therefore
eate hards cheeze , and drinke Rumeyp
Podom, beware of gréne Salets and
rawe fruites , for they will make your
Soueraigne sicke , therefore sette not
much by such mrates as will sette your
teeths on edge , therfore eate an

The booke.

Almond and hard cheese, but eat not much
cheese without Romney modon. Also of di-
uers drynkes if their fumosities haue dis-
pleased your soueraine, let him eate a raw
apple, and the fumosities wil cease, mea-
sure is a mery meane, and if it be well b-
sed, abstinence is to be p[ro]aised, when God
therewith is pleased.

Also take good heed of your wines, es-
trey night with a candle both red Wine
and sweete wine, and looke they reboyle
no; leake not and wash the pype heades
very night with colde water, and looke yet
a chene hing iron, ads, and linnen clothes if
neede be, and if they reboile ye shall know
by the hissing, therfore keepe an emptie
pipe with the lies of couloured rose, and
draw the reboiled wine to the lies, and it
shall helpe it. And if the sweete wine pale,
drawe it into a Ramney vessell for kee-
ping.

Heere followeth the names of Wines.

Red wine, White wine, Claret Wyne,
Osey, Capwick, Campolet, Kennish wine,
Spalmesey, Bastard, Eyre, Kumney,
Puscadel,

of Caruing.
Muscadel, Clary Kaspis, Wernage, Cuse,
piment and Ipocras.

For to make Ipocras.

Take ginger, pepper, graines, canell,
Cynamon, sugar and soynesole, that looke
yee haue fine or fire bags of your Ipocras
to run in, and a pearch that your renners
may ren on, than must yee haue sixe peuer
basins to stand vnder your bags, then looke
your spice be ready, and your ginger well
pared or it be beaten to pouder, than looke
your stalkes of cynamon be well coloured
and swete, canell is not so gentle in opera-
tion, cynamon, is hotte and dry, graines of
paradice be hot and moist, ginger, grains,
long pepper and suger ben hot and moist
cynamon, Canell and redde wine celou-
ring.

Nowe knowes yee the proportions
of your Ipocras, than beate your pou-
ders, eache by them selfe, and put them
in bladders and bange your bagges sure
that no bagge touch other, but let eache
bassing touch other, let the first basin
bee of a gallon, and each of the other a
pottell, that put in your basin a gallon

The booke

of redde wīne , put thereto your powders , and stirre them well , than put them into the first bagge , and let it ren , than put them in the seconde bagge , than take a peece in your hande and assay if it be stronge of Ginger , and alay it with Synamon , and it be stronge of Synamon , alay it with sager , and looke let it ren through Gre renners , and your Ipocras shall bee the finer , than put your Ipocras into a close vessell and keepe the receipt , for it wil serue for selwes , then serue your soues raigne with wafers and Ipocras ,

Also looke your compost bee faire and cleane , and your ale fine dates aside , or men drinke it , than keepe your house of office cleane , and bee courteous of aunswere to each person , and looke yee give no person no palee drinke , for it will breedes the scab .

And when yee laye the cloth wipe the boord cleane with a cloth , than lay a cloth (a couch it is called) take your fellows that one ende , and hold you that other end , than draw the cloth straight , the bought on the bther edge , take the bther parte and hange it even , than take the thirde cloth

of Caruing

cloth and lay the bought on the inner edg,
and lay estate with the upper part halse a
foote broad, than couer thy Cubbeord and
thine elbowe with the towell of Diaper,
than take thy Towell about thy necke,
and lay the one side of the Towell vpon
the left arme, and thereon lay your Souer-
aignes napkin, and lay on thine arme se-
uen lounes of breade with thres or fower
trencher lounes, with the end of the towell
in the left hande, as the manner is, than
take thy salt seller in thy left hande , and
take the end of the towell in your right
hand to beare in spoones and kniues, than
set your salt on the right side, wherc your
Soueraigne shall sit, and on the left side
your salt, set your trenchers, then lay your
kniues and set your breade one loafe by a
nother, and your spoones and your Pape-
kins faire folden beside your breade, then
couer your bread and trenchers, spoones,
and kniues , and at euery ende of the
Table sette a Saltseller , with two
Trencher Lounes . and if yee wyl
wapple your Soueraignes Breade
stately , yee must square and propo-
tion your breade, and see that no Rose
be

The booke

be more then another, and then shall yee
make your wrapper mannerly, then take
a towel of reines off two yards and a halfe,
and take the towell by the endes double,
and lay it on the table, then take the ende
of the bought a handfull in your hand, and
wrap it hard, then lay the end so wrapped
between two towels, vpon that ende so
wrapped. This being doon lay your bread
bottome to bottome, sixe or seauen loaues,
then see you set your braade mannerlie in
good forme, and when your houeraignes
table is thus arayed, couer al other boordes
with salt, trenchers and cups: also see thine
swyp bee arayed with basins and ewers,
and water hot and colde, and see yee haue
napkins, cups, spoons, and see your pots
for wine and ale be made clean, and to the
furnable make the curtesie with a cloth un-
der a faire double napry, then take the to-
wels end next you, and the other end of the
table, and hold thysse three ends at once, &
fold them at once that a pleit passe not a
foote broad, then lay it euern there it shoulde
lye. And after meate wash with that, that
is at the right ende of the table, yee must
guide it out, and the marshal must conney

it

of Cartuing.

it and looke to ech cloth the right syde bee outward and drawe it straight, then must yee raise the vpper part of the towell, and lay it without any groning and at everys ende of the towell yee must conuay halfe a yarde that the sewer may take estate reverently, and let it be ; and when your soueraine hath washed draw the surnape even, then beare the surnap to the midst of the boord, and take it vp before your soueraigne, and beare it into the ewry againe: and when your soueraigne is set, look your towell bee about your necke, then make your souerain curtesie, then uncover your breaude and lay it by the salt, and lay your napkin, knife, and spoone afore him, than kneele on your knee till the purpaine pas eight loues and looke ye set at the endes of the table fourre loues at a messe , and see that euerie person haue a napkin and a spoone, and waite well to the sewer howe many dishes be couered, and so many cups couer yee, then serue yee foorth the Table mannerlie, that every man may speake of your curtesie.

Heere

The booke

Here endeth the Butler and Panter yea-
man of the seller and ewry: and here
followeth sewing of flesh.

The sewer muste sewe, and stow the
board conuay all manner of pottages
meats and sauces, and every day commun
with the Cooke, and understand and wit
how many dishes shall be, and speake with
the panters and officers of the spicerie for
fruites that shal be eaten fasting. Then go
to the board of sewing and see ye haue of-
ficers ready to conuay, and seruants for to
bearre your dishes. Also if the marshall
squires, and sergeants of armes be there,
than serue sooth your soueraigne without
blame.

Seruice.

First set yee sooth mustard and brason,
pottage, beeſe, mutton, ſtued fefant, ſwan
capon, pig, veniſon, hake, culſard, leach
and lombeard, frater brunt, with a subtily
two pottages, blaunc'h manger and gelly.
For ſtandard, veniſon, roſt kid, faſone, and
conie, buſſard ſtoke, Crane, peacock with
hiſ tayle, þerensow, bitture, woodcocke,
par-

of Carving.

partrich, plouer, rabetts, great birdes,
larkes, doucets, vamuffe, white leach,
amber gelly, creame of almondes, curlew
bryew, snite, quatle, sparrows, martinet,
pearch in gelly, pely peruis, quincs bake,
leach de sward, fruter sage, blandzels or
pippens with caraway in canfects, wafers
and Iporcas they be agreeable. Now this
feast doon, sayd yee that table.
Here endeth the sewing of flesh, and here
followeth carving of flesh.

The Caruer must knowe the caruing,
and the faire handling of a knife, and
how he shall fetch all maner of fowle, your
knife must be faire and your handes must
be cleane, and passe not two fingers and a
thombe upon your knife. In the midst of
your hande set the haft sure, vnlasing the
vainsing with two fingers and a thombe,
caruing of bread, laying and holding of
crums with two fingers & a thombe, looke
ye haue y carue set never on fish, flesh beast
ne sowl, more than ii. fingers, & a thumb,
than take your lofe in your lefthande and
holde your knife surely, embrayne not the
table cloth, but wipe upon your Papkin,

then

The booke

then take your trencher loſe in your leſte
hande and with the edge of your Table
knife take up your Trenchers as neare the
point as ye may. Then lay four trenchers
to your ſoueraigne one by another, and lay
theron other four trenchers, or els twain,
than take a loafe in your left hande, and
pare the leafe barmes about, than rut the o-
uer crust to your ſoueraigne, and cul the ne-
ther crust and voide the paring and touch
the loafe no more after it is ſo ſerved, than
cleanſe the table that the ſewer may ſerue
your ſoueraigne.

Ye must alſo knowe the familiarites of
fish, flessh, and foules, and all maner of ſau-
ces according to their appetites, heſe ben
the familiarites, ſalt, ſourc, ſelle, ſat, freſh,
ſimboles, ſkins, hony, croupes, young feare,
chyrcheads, pigeons bones, and all maner
of legges of beaſtes and foules to the bitter
bone, ſo theſe be ſomtimes lay them neuer
to your ſoueraigne.

Item that gill no ſuete ſal or no geſtad ſy-
rung is a ſeruice.

Take your knife in your hand, and cut
by a bone in thy dish as it lyeth, and lay on
your ſoueraignes trencher, & ſee there bee
mustard.

Wenion

of Caruing.

Venison with furnicie is good for your
Souveraigne, touch not the venison with
your hand but with your knife, cut it out
into the furnicie, doe in the same wise
with peason, and bacon, beefe, henne, and
mutton, pare the beef, cut the mutton and
lay to your souveraigne, beware of sumost-
tius, salt, fine w, fat, resty and rawe. In
scrup, pheasant, partrich, stockedoue, thic-
kins in the left hand, take them by the pi-
nion and with the soze parte of your knise
lift vp your wings, than mince it into the
scrup, beware of skin, rawe and sinewe,
Goose, teele, mallard and swan, raise the
legs, than the winges, lay the body in the
midt, or in another plaster, the wings in
the midle and the legs after, lay the bradow
betweene the legges, and the wings in the
the platter, Capon or hen of Grecce, lyft
the legs, than the wings, and cast on wine
or ale, then mince the wing and gire your
souveraigne: If sand, partrich, plomer or
lapwing, raise the winges and after the
legs: woodcock, vitture, egris, snite, curlew
and heronnes to unlace them breake of the
pinions, and vtract the necke, than raise
the legs, and let the teste be on full, than
the

The booke

the wingers. A crane raise the winges first,
and beware of the trumpe in his brest, pe-
cock, storke, bustard, and shouillard vnlace
them as a crane, and let ths feet be on sti.
Quaile, sparrow, larke, martinet, pigion,
swallow and thrush. the legs first, than the
wings, fawn, kid, and lambe, lay the kid-
ney to your soueraigne , than lift vp the
shoulder and gine to your soueraigna rib.
Venison rost, cut it in the dish and lay it to
your soueraigne: a conny lay him on the
back, cut away the vents between þ hinder
legs, breake the canel bone, than raise the
ides, than lay the cony on the womb, on
each side the chine the two sides departed
from the chine, than lay the bulke, chyne
and sides in the dish : also yee must mince
fourre lesses to one morsell of meale , that
your soueraigne may take it in the sauce.
All bake meats that bee hot, open them a-
bove the coffin, and and all that be colde o-
pen them in the midway. Custard, cheeke
them inchs square, that your soueraigne
may eate thereof. Doucets pare away the
ides & the bottome, beware of sumosities,
Fruter, vauit, Fruters they say bee good,
better is Fruter pouch, Apple Fruters bee
good

of Caruing

good hotte, and all colde touch not. Lansey
is good hot, woxes of gruell, of bœfe or of
mutton is good. jelly, moztrus, creame, al
monds, blanch, manger, iussell and char-
let, cabadge and vmbles of a deere be good
and all other potage beware of.

Heere endeth the Caruing offlesh, and be-
ginneth sauces of all maner of foules.

Mustard is good with brawn, bœfe,
chine of bacon, and mutton, vergis is good
to boyled chickins, and capon, swan, wyth
chawdrons ribs of bœfe with garlike mus-
tard, pepper, vergis, ginger, sauce of lamb
pig, and fawne, mustard, and suger, to fe-
sand, partrich and cony, sauce gamelin, to
herensew, egript, plouer and cratne to
braw and curlew, salt, suger and water of
camet, bustard, shouillard & biffure, sauce
gamline, woodcock lapwing, lark, quaile,
martinet, venison, and snipe with white
salt, sparowes and threstles, with salt and
cynamon, thus with all meates sauce shalt
haue the operation.

Heere endeth the sauces for all manner of
foules and meates.

The booke

Heere beginneth the feastes and seruice
from Easter vnto Whitsontide!

On Easter day and so foorth to Pentis-
cost after the seruing of the table there
Shall bee set bread, trenchers and spoones
after the estimation of them that shall sit
there, and thus yee shall serue your Soue-
raigne, lay trenchers, and if he be of a low-
er degrē or estate, lay fīue trenchers, and
if he bee of lower degrē ſoure trenchers,
and of another degrē thre trenchers, the
cut b̄reade for your soueraigne after yee
know his conditions whether it bee cut in
the midſt or pared, or els to be cut in ſmall
þerces: also ȳs muſt understand howe the
meate shall bee ſerued before your Soue-
raigne, and namely on Easter day, after
the gouernance and ſervice of that coun-
try where yee were borne. fyſt on that
day yee ſhall ſerue a calfe ſodden and bles-
ſed, and ſodden eggs with greene ſauce, and
ſet them before the moſt principall estate,
and that Lord because of his high eſtate,
thaldepart them al about him, then ſerue
potage as worts, roots or browes, w̄ þeſe,
mutton, or þeale, & capons that be coloured
with ſaffron, and baked meats; and the ſe-
cond

The booke
fond course, Jassel with mamyng, & rostes
endoured, & pigeons with bake meates, as
tarts chewssets, and flatnes, and other, af-
ter the disposition of the cooke: and at sup-
per time divers sauces of mutton or beale
in broth, after the ordinance of the steward
and than chickens with bakon, beale, rost
pigeons or lamb, & kid rost, with the heade
and the parfumance of Lambe and pigges
feet, with vineger and parcely theron, and
a tanse fryed, and other bake meates, yee
shal understand this maner of servicedm-
teth to pentecost, saue fish daies.

Also take heed howe yee shall araye
these things before your soueraigne, If yee
yee shall see there be greene sauce of sorrell
or of vines, that is, holde a sauce for the
first course, and yee shall begin to raise thy
capon.

Heere endeth the Feast of Easter till
Pentecost. And here beginneth
Carving of all maner
of Foules.

Sauce that Capon.

Lake vp a capon, and lise vp the right

The booke

leg and the right wing, and so array forth
and lay him in the platter as he shold fly,
and serue your soueraigne, and know wel
that capons or chickens bee arated after
one sance, the chickens shal be sauced with
greene sauce or vergis.

Lift that swan.

Take and bight him as a goose, but let
him haue a larger brabone and looke hee
haue a chawdron.

Aley that Fesant.

Take a fesand raise his legges, and his
wings as it were a hen, and no sauce but
onely salt.

Wing that partrich.

Take a Partrich and raise his legges
and his wings as a hen, and ye mince him
sauce him with Wine, powder of Ginger
and salt, than set him vpon a Chafingdyl
of coales to warme and serue it.

Wing that Quaile.

Take a Quaile and raise his legges
and his wings as a hen, and no sauce but
salt.

Display that crane.

Take a Crane and vnfold his legges,
and cut of his wings by the ioyntes, than
take

of Caruing.

take vp his wings and his legs and sauce him with pouder of ginger, mustard, vineger and salt.

Dismember that Heron.

Take a Heron and raise his legs and his wings as a crane, and sauce him with vineger, mustard, pouder of ginger & salt.

Vnoynt that Bitture.

Take a Bitture and raise his legges, and his winges as a Heron, and no sauce but salt.

Breakethat Egript.

Take an Egript and raise his legges and his winges as a Heron, and no sauce but salt.

Vntach that Curlew.

Take a Curlew, and raise his legges and his winges as a Henne, and no sauce but salt.

Vntach that brew.

Take a Brewe and raise his legges, and his winges in the same manner, and no sauce but onely salt, and serue your Soueraigns.

Vnlace that Conny.

Take a Cony and lay him on the back and cutt away the vents, than rayse the

The booke
wings and the sides, and lay bulke, chyne,
and sides together, sauce, vineger and pou-
der of ginger,

Breake that Sarcell.

Take a Sarcell or a teele, and raise his
wings & his legs, & no sauce but onely salt.

Mince that Flouer.

Take a Plover and raise his legs & his
wings as a Hen, & no sauce but onely salt.

A Snite.

Take a snite and raise his winges, his
legs, and his shoulders as a plover, and no
sauce but salt.

Thie that Woodcock.

Take a Woodcock and raise his legs and
his wings as a Hen, this done dight the
braine.

Heere beginneth the feast from Pentecost
vnto Midsomer.

In the second course for the meats before
said, ye shal take for your sauces ale, wine,
vineger, and pouders after the meate, but
ginger and canel, from pentecost to the
feast of S. John Baptiste.

The first course shalbe beeфе and mutton
sodden with capons, or rosted, and if capons
be sodden, array him in the maner aforesaid
and

of Caruинг.

and when he is rosted, thou must cast on
salt, with wine or with ale, than take thy
capon by the legges, and cast on the sauce
and breake him out, and lay him in a dish
as he shoulde stee: first ye shall cut the right
legge, and the right shoulder, and between
the fourre members, lay the brawnne of the
capon, with the croupe in the end between
the legs, as it were possible for to be tained
together, and other bake meats after. And
in the second course, potage shall be issell
Charlet or Mertras, with young Gele,
Weale, Porke, Pigeons or chickens rosted,
with Pampuffe, fruiteres, and other bake
meates after the ordinaunce of the Cooke.
Also the Goose ought to be cut member to
member, beginning at the right leg, and
so soorth vnder the right wing, and not vp
pon the ioynt aboue, and it ought to bee ea-
ten with greene garlike, or with sorrel, or
fender vines or vergis in summer season
after the pleasure of your soueraigne: also
ye shal understand that al maner of foules
that hath whole farte shoulde be raised va-
der the wing and not aboue.

Heere

The booke.

Heere endeth the feaste from Pentecost to
Midsomer: and heere beginneth from
the feast of S. Iohn the Baptist
vnto Michaelmas.

If the first course potage to wylles gruell,
I and furmentic , with venison and
mortrus and pestles of porke, with greene
sauce. Roasted capon, swan with chalodon
In the second course, potage after the o^r,
dinance of the cookes with roasted mutton,
beale, porke, chickens or endoured pigeons
he consewes, fruisters or bake meates, and
take hede of the fesant, he shall be arayed
in the manner of a capon, but it shall bee
done drye without any moisture, and hee
shall be eaten with salt, and powder of gin-
ger: and the Verensew shall be arayed in
the same manner without any moisture,
and hee should be eaten with salt and pou-
der : also ye shall understand that all ma-
ner of foules having open clawes as a ca-
pon shall bes tred and arayed as a capon
and such other.

From the feast of S. Michael vnto the
feast of Christmas.

If the first course, potage, beeфе, mutton,
bacon, pestles of porke, or with Goose,
capon

of Caruing.

capon, malard, Swans or Fesant, as it is before said, with farts or bake meats, or chines of porke. In the second course, porke, mortrus or Conies or sw. than rost flesh, mutton, pork, beale, pullets, chickins, pigeons, teles. Wigeons, Malards, Partrich, Woodcock, pouer, bitture, curlewe, Heronsew, Heson rost, great birdes snitt, feldfares, thrushes, fruiters, chevits, beefe with sauce, geloper rost, with sauce pogill, and other baked meates as is aforesayde: and if yee carue afore your Lord or your Lady any sodden fleshe, carue away the skinne aboue, than carue reasonably of the flesh for your Lord and Lady, and specially for Ladies, for they will soone bee angry, for theyr thoughts be soone changed, and some Lordes will be soone pleased, and some not, as they be of complexion. The Goose and Swan may bee cut as yee doe other foules that haue whole feete, or else as your Lord or your Lady wyl haue it.

Also a Swan with chadron, Capon or Fesand, ought to be arayed, as it is aforesayde, but the skinne must bee had away and when they haue carued before your

The booke

your Lorde or your ladie, for generally the
skin of all maner whole footed foules that
hane their living on the water their skins
be wholsome and cleane, for by cleanes of
water, and fish is their living, and if they
eat any stinking thing, it is made so clean
with the water that all the corruption is
cleane gon away from it.

And the skinnes of a capon, henne, or
chickin be not so cleane, for they eate foule
thinges in the streeete , and therefore the
skins be not so wholsome, for it is not their
kinde to enter into the Riber , to make
theye meate vayde of the filth. Pallarde,
Goose or Swian, they eate vpon the lande
foule meate, but anone after their kinde
they go to the riber, and there they clense
them of their foule stinke. A sesand as it is
afare said, but the skin is not wholesome,
than take the heades of all fielde birdes,
and wood birdes, as sesand, Decocke, Par-
trich wodcock, curlew, for they eat in theye
degree, foule thinges, as wormes , toades
and other such.

¶ Thus endeth the feasts and caruynge of
flesh,

And

of Caruing.

And heere beginneth the
sewing of fish.

The first course.

To goe to shewing of fishe, muscalade,
meneus in sew of porpas or of salmon,
baken herring with suger, greene fish, pike
Lamprey, salens, purpos rosted, bake gurnard,
and lamprey bake.

The second course.

Gelly white and red, dates in confectis,
congre, salmon, dozey, brit, turbut, halibut
for standard, base trout, mullet, cheuin,
sele, eles and lamprey rost, fench in gelly.

The third course.

Fresh sturgeon, breme, pearch in gel-
ly, a toule of salmon, sturgeon, Welks,
apples, and peares rosted with suger can-
dy. Figs of malike and raisons, dates capt
with minced ginger, wafers and spocras
they be agreeable, this feast is doon, bryde
ye the table.

Heere endeth the sewing of Fish, and heere
followeth caruing of fish.

The caruer of fish, must see to peaso and
furmenty, the tayle and the liver, ye must
looke

The booke

loske if there be a salt purpose or sele fur-
rente, and doe after the form of Neson,
baken Hering, and lay it whole vpon your
soueraigne trencher, white hering in a
dish, open it by the backe, pick out the bones
and the rowe, and see there be mustarde.
Offsalt fish, greene fish, salt Salmon, and
conger, pare away the skin, salt fish, stock-
fish, Parling, Mackrell, and Hake with
butter, take away the bones and the
skinnes: a pike lay the wombe vpon his
trencher, with pike sauce enongh, a salte
lamp; lay gobonis in viii. or eight peeces,
and lay it to your soueraigne : a place put
out the water, then crosse him with your
knife, cast on salt, wine or ale. Gurnard
rochet, breame, cheuin, base melet, roch,
pearch, soll, macrell, whiting, haddocke,
and codling, raise them by the backe, and
pick out the bones and clese the refet in
that belly, Carpe, breame, sol and troutte,
back and belly together, Salmon, conger,
sturgeon, turbut, thirbol, thornbach, bound
fish, and halibut, cut them in the dishes the
porpos about, tenche in his sauce cut two
els & lampreies rest, pull of the skin, pyke
out the bones, put thereto Wineger and
powder:

of Caruine

powder a Crab b̄zeake him asunder in a
viche. and make that shell cleane and in
the stufſe againe, temper it with vinger
and pouder them couer it with bread, and
ſend into the kitchin to heate, then ſet it to
your oueraigne and lay them in a diſh : a
creuſe diſt him thus, depart him asunder
and ſit the belly and take out the iſh, pare
away the red ſkin, and mince it thin, put
vinger in the diſh and ſette it on the table
without eating : a ioule of ſturgion, cut it
in thinne moſſels, and lay it round about
the diſh.

Fresh lamprey bake open the paſtie,
than take white b̄zeade, and cutte it thin,
and lay it in a diſh, and with a ſpoone take
out galentine and lay it vpon the b̄zeade,
with red wine, and pouder of ſinammon, tha
cut gobon of the lamprey, & mince the go
bon thin, & lay it in the galentine, than ſet
it vpon the fire to heate, fresh hering with
ſalt and wine, ſhrimps well picked, floun
ders, gogines, menewes, & muſcles, eies, &
lamprijs, ſpoſts is good in ſew. Mullenade
in wortes, oifters in ſew, oifters in gravy,
menewes in porpas, ſalmond in ſtrellie gellie
white and red cream of almonds, dates in
confects

of Caruing.
confets, Beares and quinces in sirroppe,
with parçely roots, moxtrus of houndfish
raise standing.

Heere endeth the caruing of fish,
And here beginneth sauces
for all fish.

Mustard is good for salt hering, salt fish
salt conger, salmon, sparling, salt ale, and
ling, vineger is good with salt Purpos,
urrentine, salt sturgeon, salt thilpole, and
salt whale, lamprey with gallantine, ver-
gis to roche, dace, breme, molef, bace, flo-
ders, salt crab and cherrin, with pouder of
sinnamon to thorneback, hering, houndfish,
haddock, whiting and cod, vineger, pouder
of cinnamon and ginger, green sauce is good
with greene fish and halibut, cottell and
fresh turbut, put not your greens sauce as
way, for it is good with mustard.

Heere endeth all maner of sauces for fish ac-
cording to their appetite.

The chamberlaine

The Chamberlaine must be diligent &
cleanly in his office, with his head kem-
bed, and so to his soueraigne, that he be not
retchles, and see that ys haue a clean shir-
t
breeg,

of Caruing

brech, pesticote and doublet, than bryng his
hosen within and without, & see his shone
and his slippers bee cleane, and at moerne
when your soueraine will arise, warme
his shirt by the fire, and see yee haue a fote
sheet made in this maner. First set a chair
by the fire with a cushion, another vnder
his feet, than spread a sheet ouer the chair,
and see there bee readie a kerchiefe and a
combe, than warme his petticoate his dub-
let and his stomacher, and than put on hys
doublet and his stomacher, and than put on
his hosen and shone or slippers, than strike
vp his hosen mannerlye, and tis them vp,
than lace his doublet hole by hole, and lay
a cloth vpon his necke and head, than look
ye haue a basin and an ewer with warme
water, & a towell to wash his hands than
knele vpon your knee, & ask your souerain
what robe he wil weare, & bring him such
as hee commandeth, and put it vpon him,
and take your leauue manerlye, and goe to
the Church or Chappel to your soueraunes
Closet, and Carpets, and Cushions, and
lay downe his booke of prayrs, than
drawe the Curtaines, and take your
leauue goodly, and goe to your souaignes
chambrs

The booke

chamber, and cast all the clothes of the bed, and heate the feather bed, and the bolster, but looke yee washe no feathers, then the blankets, and see the sheetes bee faire and sweete, or els looke yee haue cleane sheetes, than lay the head sheet and the pillows, than take by the towell and the basin, & lay carpets about the bed or in windows and cupordes layd with quishins: also looke there bee a good fire burning bright, and see if the house of easement bee sweete and cleane, and the privy boord covered with greene cloth and a Quishin, then see there bee blanket, dounre or cotton for your soueraigne, and looke yee haue a Basin or a ewer with water, and a towel for your soueraigne, than take off his gown, and bring him a mantell to keepe him from colde, than bring him to the fire, and take off his shone and his hosen, then take a faire kerchis of reines, and rembe his head, and put on his kercheife and his bonet, than spred downe his bed, lay the head sheet and the pillowes, and when your soueraigne is to bed, draw the curtaines then see there be morter or ware, or perchours ready, than drive out dog or cat, and looke there be basins

of Caruing

This and vrimall set neare your soueraigne,
than take your leauue mannerly, that your
soueraine may take his rest merrily.

Heere endeth of the Chamberlaine.

Heere followeth of the Marshall
and the usher.

The Marshal and the Usher must know
all the estates of the land, and the high e-
state of a King, with the blood royall.

The estate of a King.

The estate of a Kings sonne, a prince.

The estate of a Duke.

The estate of a Marques.

The estate of an Earle.

The estate of a Bishop.

The estate of a Wicount.

The estate of a Baron.

The estate of the thre chiese Judges and
the Maior of London.

The estate of a Knight bacheler.

The estate of a knight, Deane, Archdean-
con.

The estate of the master of the Rols.

The estate of other justices, and Barons
of Cheker.

The estate of the Maior of Callice.

The estate of a Doctor Deuine.

The booke

The estate of a Doctor of both the Lawes.

The estate of him that hath bin Mayor of
London, and sergeant of the Lawe.

The estate of a master of the chancery, &
other worshipfull preachers and clarkes
that be grandnable, and al other orders of
chast persons and priests, worshipful mar-
chants, and gentlemen, all these may sit at
the squires table.

A Duke may not keep the hal, but each
estate by them selfe in chamber or in pa-
nilion, that neither see other, marques,
Earles, Bishops and bicaunts, al these may
sit at a messe: a baron and the Mayor of
London, and thre cheefe Judges, and the
speaker of the Parliament, all these may
sit two or three at a messe: and all other
states may sit thre or four at a messe; al-
so the Marshall must understand & knowe
the bloode royall, for some Lordis of the
blood royall, and of small lignelhood: and
some knight is wedded unto a Lady of rei-
all blood, she shall keep the estate of her
Lordis blood, and therefore the royall blood
shall haue the reverence as I haue shewed
you before: also a Marshall muste take
hee de of the birth, and next of the line of
the blood royall; Also hee must take heede

of Caruing.

of the Kings officers of the chanceler, Ste.
ward, Chamberlaine, Treasurer, & comp.
troler.

Also the Marshall must take heed unto
strangers and put them to worship and re-
uerence, for if they haue good cheere it is
your Soueraines honor. Also a Marshall
must take heede if the King send your So-
ueraine any message, & if he send a knight
receive him as a Baron, and if he sende a
Peoman, receive him as a squire, and if he
send a groome receive him as a Yoman.
Also it is no rebuke to a Knight, to sette a
groome of the Kings at his table.

Heere endeth the booke of Caruing.

Heere followeth how to make March-

paine and Ipocras.

How to make good Marchpaine.

Fyrst take a pou'd of long small almondes
and blanch them in cold water, and dry
the as possible as you can, then grinde them
small, and put no licour to them but as you
must needes, to keepe them from oyling, and
that licour that you put in, muste bee rose
water, in manner as you shall think god
but wet your pestell therin, when ye haue
beaten them fine, take halfe a pounde

The booke.

suger and more, and see that it bee beaten
small in powder, it must be fine, then put it
to your almonds, and beat them together,
when they bee beaten, take your wafers
and cut them compasse rounde, and of the
bignes you will haue your Marchpane,
and then assoone as yee can after the tem-
pering of your fuisse, let it bee put in your
past, and strike it abroad with a flat sticke
as even as ye can, and pinch the very stakk
as it were an edge set vpon, and then put a
paper vader it, and set it vpon a faire bord
and lay a latin basin ouer it, the bottome
vpward, and then lay burning coales vp-
pon the bottome of the basin: to see how it
bakeith, if it happen to bren too fast in some
place folde Papers as broade as the
place is, and lay it vpon that place, and
thus with attending ye shal bake it a lit-
tle more then a quarter of an houre, and
when it is well baked, put on your golde
and biskets, and stickyn comfits, and so you
shall make a good Marchpaine, D^r euer
that you bake it, you muste caste on it fine
suger and rose water, that wil make it look
like Ice.

To

of Caruing.

To make marchpane.

Lake halfe a pounde of blanched Almonds, and of white sugar a quarter of a pound, of Rose water half an ounce, and of Damaske water as much, beat the almonds with a little of the same water, and grind them till they be small, set them on a fewe coales of fire, till they war thicke, then beat them againe with the suger fine: then mix the sweet waters and them together, and so gather the and fashion your marchpane: then take Water cakes of the broadest making, cut them square, passe them together with a little liquor, and when you haue made them as broade as will serue your purpose, haue ready made a hoope of a green hasel wand of the thicknes of halfe an inche on the inner side smooth, and on the outward side round and smooth without any knags: lay this hoope vpon your wafer cakes aforesaid, and then fill your hoope with the geare aboue named, to thicknes of the hoope: the same bruyn smoothly aboue, with the backe of a siluer spoone, as yee doe a tart, & cut away all the parts of the cakes, even close by the outside of the hoope with a sharpe knife, that it may bee round: then having white paper vnder-

The booke

neath it, set it vpon a warme hARTH or vp-
pon an instrument of iron and brasse, made
for the same purpose, or into an ouen after
the bREAD is taken out so it be not stopped,
it may not bAKE but onely bee harde and
thorough dRIED: & yc may while it is moist,
stick it full of camfets of sundry colours in
comely order, yee must moist it ouer with
rosewater and suger togather, make it
smooth, and so set it in the ouen or other in-
strument, the clearer it is like Lantarne
hozne, so much the more commended. If it
be thorough dRIED and kept in a warm and
drye aire, a marchpane will last many
yeares. It is a comfortable meat for weak
folkes, such as haue lost the tast of meates
by much and long sicknes: the greatest se-
cret that is in making of this cleare, is
with a little fine flower of rice, rosewater
and suger beaten together, and laid thin o-
uer the marchpane, ere it go to drying: this
will make it shine like Ice, and ladies re-
port.

To make Ipocras.

Take a gallon of wine, and an ounce of
cynamō two ounces of ginger, and a pound
of sugar, twentie cloves brused, and twe-
ty corns of pepper gross beaten, and let al
those

of Caruing
those soke one night, and let it run through
a bag.

To make Ipocras

Take of chosen sinnenamontwo ounces, of
fine ginger, one ounce of graines, halfe an
ounce, bruse them all, and steepe them in
thre or four pints of good odiferous wine
with a pound of suger, by the space of four
and twenty houres, than put them into an
Ipocras bag of woollen, and so receiue the
liquor. The readiest and best way is, to
put the spices with the half pound of suger,
and the wine into a bottell, or a stone pot
stopped close, & after twenyp fourre houres
it will bee readie, than cast a thin linnen
cloth, and a peece of a boulter cloth in the
mouth, and let it so much runne through
as yee will occupye at once, and keepe the
vessell close, for it will so well keepe
both the spryte, odour, and ver-
tue of the wine, and
also splices.

FINIS.